VALDOSTA STATE UNIVERSITY

THE BRIDGE

Professional and Community Education

SPRING 2020

Your Future is in Focus

Career Development
Online Programs
CampDISCOVERY
Learning in Retirement
Leisure Learning

Learning in Retirement
page 18

229.245.6484 • www.valdosta.edu/pace

Table of Contents

A Word from the Assistant Director 3

3rd Annual Open House 3

Occupational Certification and Training 4

Contract Training 5

Online ..... 6 - 12

- Specialty Certificate Programs 6
- Healthcare Career Training Programs 7
- Fundamentals Courses ..... 8 - 9
- Advanced Career Training Programs ..... 10 - 11
- Programas de Entrenamiento en Español 11
- Paralegal & Legal Support 12

Financial Aid - MyCAA, AF COOL, Sallie Mae 13

FAQs 14

Teacher Recertification 15

Leisure Learning 16

Camps for Kids 17

Learning In Retirement ..... 18 - 35

- About Learning In Retirement 19
- Special Events 20
- Leisure & Crafts 21
- History, Social Studies, & Science ..... 22 - 23
- Good to Know 24
- Registration Form for Learning In Retirement ..... 25 - 26
- Health & Fitness 27
- Excursions & Tours 28-29
- Fine Arts & Literature ..... 30 - 31
- Computers & Technology 32
- Learning In Retirement Calendar ..... 33 - 35

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Mission Statement

Continuing Education at Valdosta State University enhances the quality of life in the region by providing educational, artistic, cultural, technological, and economic development activites and programs for children and adults of all ages.

229.245.6484 • 903 N Patterson Street, Valdosta • www.valdosta.edu/pace

Welcome

Dear PACE Community,

A new decade is beginning! Along with a change in decade, you may notice a change in our department title...we have become the Office of Professional and Community Education (PACE). This title better reflects our emphasis on serving the professional training needs of our local businesses and individuals, as well as individuals world-wide who are students in our non-credit online professional programming.

We also intend to keep folks of all ages and in all stages of life busy and actively growing and learning with our Leisure, CampDISCOVERY, and Learning in Retirement program areas: the "Community" part of PACE. I know that you can find something within these pages that will enrich your life.

We hope that our Spring programming will help you focus on your future and achieve your goals this year and in years to come.

Suzanne Ewing, Interim Assistant Director

3rd Annual
Open House/Showcase
Professional & Community Education

TUESDAY, AUGUST 25, 5 - 7 PM

Help us celebrate our new name - The Office of Professional & Community Education - as we highlight ALL FIVE of our program areas. We will have class demonstrations, door prizes, refreshments, an Art Gallery featuring work from CampDISCOVERY and Learning in Retirement participants, and much more!

We are located at The Regional Center for Continuing Education, 903 N Patterson Street. Plenty of parking is available in the rear of the building.

Come celebrate with us!

Occupational Certification & Training

Preparation for PHR/SPHR Certification - ONLINE

Prepare to earn your PHR/SPHR designation to keep up-to-date, demonstrate your commitment to the HR profession, and set yourself apart as an expert in your field. (3.5 CEUs)

Training materials are not included; they may be purchased at www.hrcp.com. The HRCI exam is not included. Find complete details at www.valdosta.edu/pace under Programs/Career Development.

Direct questions about course access and materials discount to Sue Bailey at 229.245.6484 or subailey@valdosta.edu.

20WBPD01 | **ONLINE**
Feb 17 - May 15 | $395
After Feb 3, $465 (materials not included)

Register online at www.valdosta.edu/pace under "Programs/Career Development" or by calling 229-245-6484

Train-the-Trainer Workshop

This workshop is designed for organizations without the benefit of in-house training professionals who find the need to train team members on topics such as team-building, leadership, diversity and inclusion. Participants will explore a variety of training models and multiple options for various size organizations with a range of training resources and learn about needs assessment, program development, presentation strategies, and evaluation. Participants will have the opportunity to practice strategies presented and brainstorm training ideas specific to their organization in order to assist their organization in meeting in-house training needs.

20WBPD03 | **Tues, Mar 24** | **9 AM – 4 PM** | **$189** *(Lunch & materials included)*

Food Safety Manager Certification

- One Day Training Session by a Certified Instructor (.85 CEU)
- Class Concludes with Administration of the Certification Exam
- You will see your Pass/Fail results immediately
- Print your own eCertificate from your ServSafe.com account
- Textbook and Exam Materials Included (multilingual materials available)

20WBPD02
Mon, Feb 24 | 9 AM - 6:30 PM
$189 | After Feb 10, $229

20SBPD01
Mon, May 11 | 9 AM - 6:30 PM
$189 | After Apr 27, $229

Exam-Only Sessions

Are you doing self-study or retaking the ServSafe exam?

- Purchase your study materials & exam voucher from www.servsafe.com.
- Register & pay the $75 proctoring fee.
- Set up your Servsafe.com account **BEFORE** you arrive for the exam.

Exam-Only Dates	
Tues, Jan 14	9 - 11 AM
Tues, Feb 11	9 - 11 AM
Tues, Mar 10	9 - 11 AM
Tues, Apr 14	9 - 11 AM
Mon, May 11	4:30 - 6:30 PM
Tues, Jun 9	9 - 11 AM
Tues, Jul 14	9 - 11 AM

ServSafe®

Questions?
Contact Sue Bailey at 229-245.6484 or subailey@valdosta.edu

Contract Training

Employers...
make your own training!

We can CUSTOMIZE* training for your employees by combining the online courses you need.

- Convenient
- Cost effective
- Available 24/7
- Access to instructors

*Customized course bundles are available to businesses and organizations only.

Choose from these and many other topic areas:

- **Accounting & Finance**
- **Business Communication**
- **Sales & Marketing**
- **Management & Leadership**
- **Project Management**
- **Computer Applications**
- **Web Technology**
- **Business Writing**

We also offer pre-selected course bundles including:

- **Basic Computer Skills Suite**
- **Microsoft Word 2016 Series**
- **QuickBooks 2016 Series**
- **Supervision & Management Series**
- **Accounting Fundamentals Series**

Find more Course Bundles at www.ed2go.com/valdosta

Call or email Sue Bailey for complete details: 229.245.6484/subailey@valdosta.edu.

See page 8 for more details about Online Course Bundles.

Let us help you upskill your employees and expand their capabilities!

We work with you to develop training taught by qualified instructors that meets your needs and your budget.

We can hold workshops at our location or bring the training to YOU...day, evening, or on weekends.

Don't have time to send your employees to a class or seminar? Online training is available 24/7, anywhere there is access to a computer and the internet.

What training do we provide?

- Soft skills including customer service, communication, team development, conflict resolution, time management, and leadership.
- Hard skills such as computer technology, data analysis, writing, and social media management.

Call Sue Bailey at 229-245-6484 or email subailey@valdosta.edu to get started today!

Specialty Certificate Programs - Online

New Certificate!

Grant Writing + Nonprofit Mangement Certificate

Complete the Grant Writing Certificate PLUS the following to earn the Grant Writing & Nonprofit Managment Certificate. All courses are online.

CORE COURSES
- **Introduction to Nonprofit Management**
- **Marketing Your Nonprofit**
- **Nonprofit Fundraising Essentials OR**
- **Nonprofit Suite (includes the three courses above)**

Grant Writing Certificate

Develop foundational skills and knowledge to write effective grant proposals. All courses are online.

CORE COURSES
- **A to Z Grant Writing**
- **A to Z Grant Writing II - Beyond the Basics**
- **Writing Effective Grant Proposals**

ELECTIVE COURSES Minimum of Two
- **Grammar Refresher or Grammar Refresher II**
- **Get Grants!**
- **Become a Grant Writing Consultant**
- **Advanced Grant Proposal Writing**

Internet & Social Media Marketing Certificate

Enhance your current skills or develop a foundation in Internet and social media marketing.

CORE COURSES
- **Marketing your Business on the Internet**
- **Using Social Media in Business**
- **Achieving Top Search Engine Positions**
- **Designing Effective Websites**

ELECTIVE COURSES Minimum of Two
- **Creating WordPress Websites**
- **Intermediate Wordpress Websites**
- **Creating Workpress Websites Series (includes both Creating WordPress Websites & Intermediate WordPress Websites)**
- **Blogging & Podcasting for Beginners**
- **Write Effective Web Content**
- **Find additional electives at www.valdosta.edu/pace under "Certificate Programs/Special Interest Certificate Programs"**

Courses in these programs are $119 unless otherwise noted.

To earn a certificate:

- Submit a **Certificate Program Agreement Form**
- Complete the program in 18 months with a 75% GPA.
- Submit the **Certificate Request Form** to receive your program certificate.
- Program Agreement and Certificate Request forms are available at **www.valdosta.edu/pace under "Special Interest Certificate Programs."**

Additional certificate programs:

- **Administrative Assistant I & II**
- **Internet & Social Media Marketing**
- **Digital Photography**

Find complete information at www.valdosta.edu/pace under "Special Interest Certificate Programs."

Creative Writing Certificate

Define, develop, and explore your writing abilities and enhance your writing skills and techniques on your way to becoming a published writer. All courses are online.

CORE COURSES
- **Writeriffic: Creativity Training for Writers**
- **Grammar Refresher or Grammar Refresher II**
- **Research Methods for Writers**

ELECTIVE COURSES Minimum of Three
- **Mystery Writing**
- **The Craft of Magazine Writing**
- **Travel Writing**
- **Guide to Getting Published**
- **Find more elective options at www.valdosta.edu/pace under "Special Interest Certificate Programs"**

Find complete details about all the Special Interest Certificate Programs we offer at www.valdosta.edu/pace under "Certificate Programs."

Healthcare Career Training - Online

Attention Military Spouses!

$4000 MyCAA Scholarship to train ONLINE in our Healthcare Career Training Programs.

See page 13 for details.

More financial aid opportunities:

- Sallie Mae Loans
- Ed2Go Financial Assistance

Call 229.245.6484 for information or email pace@valdosta.edu.

Find more Healthcare Career Training Programs at: www.careertraining.ed2go.com/valdosta

Invest in your future!

Train online for fast-growing careers in Healthcare.

Many courses include the cost of certifying exam.

Certified Physical Therapy Aide | **9 months** | **$1995**
(Exam voucher included)
Master the skills you need for a career as a Physical Therapy Aide.

Clinical Dental Assistant | **6 months** | **$1995**
(Externship offered)
Gain the skills you need to become a productive member of a dental team.

Pharmacy Technician | **12 months** | **$2495**
(Exam cost & externship included)
Train to become a Pharmacy Technician in a retail or hospital setting.

Optician Certification Training | **6 months** | **$1895**
Gain skills needed for an entry-level position; be prepared to take the ABO exam.

Certified Clinical Medical Assistant (CCMA) | **12 months** | **$2495**
(Exam voucher included)
From reception and scheduling to exam assisting and ECGs, become a valuable member of a healthcare team.

CBCS Medical Billing & Coding | **12 months** | **$2195**
(Exam voucher included)
Prepare for en entry-level position and to sit for the CBCS certifying exam.

Medical Office Manager (CPPM) | **18 months** | **$3995**
(Exam vouchers included)
In-depth training in medical office management and preparation to sit for the CPPM, CMAA, and CEHRS exams.

We have over 400 ways to Expand Your Horizons!

Here are some of our most popular courses...

Business
Building Teams that Work
Six Sigma: Total Quality Applications
Introduction to Business Analysis

Grant Writing & Nonprofit
A to Z Grant Writing
Nonprofit Fundraising Essentials

Teacher Recertification
Teaching Math: Grades 4 - 6, $129
Integrating Technology in the Classroom, $129
Content Literacy: Grades 6 - 12, $129

Test Prep
Prepare for the GED Test
SAT / ACT / GMAT/ GRE prep

Legal
Introduction to Criminal Law
Employment Law Fundamentals
Workers' Compensation

Technology
Introduction to Windows 10
Introduction to SQL
Creating WordPress Websites
Introduction to Photoshop CC
Basic CompTIA A+ Certification Prep

Writing
Research Methods for Writers
Publish and Sell Your eBooks

Allegra Healthcare Certificates
Certificate in Integrative Mental Health, 20 hrs, $139
Certificate in Healthy Aging, 10 hrs, $69
Certificate in Food, Nutrition & Health, 16 hrs, $99

(For more information on accredited Allegra certificates, visit www.valdosta.edu/pace under "Certificate Programs.")

Full course listing and online registration at www.ed2go.com/valdosta

6-week Online Courses*

Interact with expert instructors and fellow students in lively, online discussions. New sessions start every month. Sign up anytime!

6-Week Online Course Schedule

MONTH	START
January	1/15/20
February	2/12/20
March	3/18/20
April	4/15/20
May	5/13/20

Schedule of start dates also available with each course description at www.ed2go.com/valdosta

SAVE with Online Course Bundles!

Take multiple online courses at a DISCOUNTED price while gaining an in-depth understanding of the subject area.

Top 5 Most Popular Bundles...

- **Accounting Fundamentals Series | $179**
- **SAT/ACT Prep Series | $179**
- **Veterinary Assistant Series | $299**
- **Microsoft Office 2019/365 Value Suite | $329**
- **Adobe Value Suite | $299**

Visit www.ed2go.com/valdosta to find more series and value suites for every need. Questions? Email pace@valdosta.edu.

We offer Customized Bundling for businesses and organizations. Call Sue Bailey to find out more at 229.245.6484 or email subailey@valdosta.edu.

***Courses on this page $119 unless otherwise noted.**

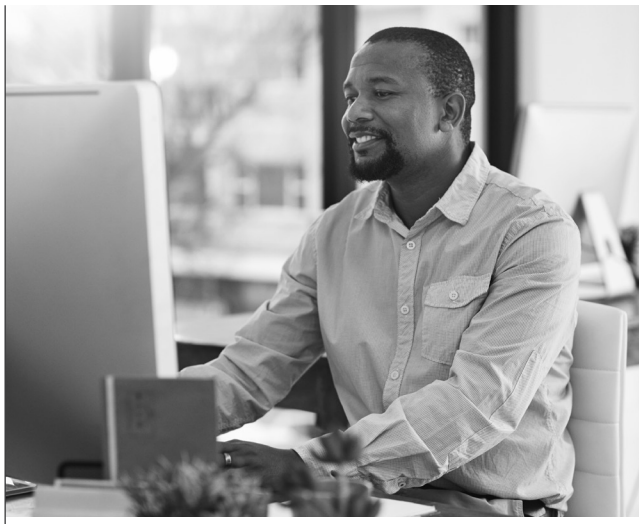
Self-Paced Online Courses*

Most Fundamentals Courses are also available in a self-paced format...

for people whose schedules and learning styles are suited to independent study.

- Start anytime and work at your own pace.
- 3-months access to all course materials and assessments from day one.
- Get helpful student support whenever you need it.

Explore our Ed2Go Course Catalog at www.ed2go.com/valdosta and look for "Self-Paced Tutorial" in the title.



Employers!

Your employees can train at home or on the clock with our online Fundamentals courses.

Single courses in hundreds of subjects and two formats:

- 6-week, instructor-led
- Self-paced tutorials with 3 months access

Course bundles:

- Pre-selected bundles of 2 or more Fundamentals Courses provide an in-depth study of a subject area.
- Customized bundles allow you to combine courses that fit the needs of your employees.

See page 5 for more information.

Questions?
Call Sue Bailey at 229-245-6484 or email pace@valdosta.edu.

Advanced Career Training - Online

Get focused on your career goals!

Start training in one of these fast-growing fields: Web Development & Design, Information Technology, Project Management, Hospitality, Bookkeeping, and more!

Features include:

- Self-paced, start anytime, 24/7 access
- Books and materials included
- Financial assistance available
- Student Advisors available
- Industry Recognized Certifications

Register today, or for more information visit: careertraining.ed2go.com/Valdosta

Travel Agent Training

Gain skills necessary to become a successful travel agent - basics of the travel industry, geography for travel agents, and the travel reservation system of your choice.

6 Months | $1995

Full Stack Software Developer

Start training for your career in one of the most in-demand occupations worldwide - from website development to deployment and virtualization.

18 Months | $4995

Web Design Professional

The need for web designers is growing. Combine your fresh, creative ideas with the skills needed in this fast-paced career.

12 Months | $2995

Help Desk Analyst: Tier 1 Support Specialist

Gain skills for a rewarding career in customer support in the computer industry.

6 Months | $1495

Project Management Essentials w/CAPM Prep

Develop valuable project management skills and improve your marketability to meet the increasing demand for project management professionals in all industries.

6 months | $1195

Certified Administrative Professional

Gain essential skills and knowledge to work as an administrative assistant in a variety of organizations and earn your CAP designation.

6 Months | $1695 *(Exam voucher included)*

Certified Professional Life Coach

Acquire industry-recognized skills needed to become a certified life coach.

6 Months | $1795 *(Exam included)*

Professional Bookkeeping w/ QuickBooks 2018 OR 2019 with Payroll Practice & Management

Prepare for a career in the high-demand field of bookkeeping.

12 Months | $3595 *(Software included)*

You may quality for financial aid through MyCAA, AF COOL, or Sallie Mae Smart Option Loans. See page 13 to learn more.

High Demand Careers

Certified Information Security Manager (CISM)

Earn your CISM certification to manage your organization's cybersecurity policies.

6 Months | **$1395** *(Exam voucher included)*

PMI Risk Management Professional

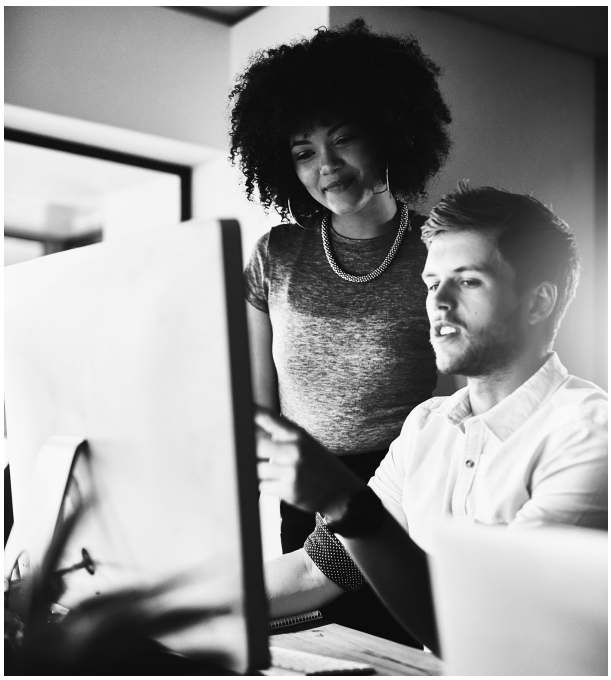
Earn the PMI RMP certification to confirm that you can identify, assess, and mitigate cybersecurity project risks.

6 Months | **$995** *(Exam voucher included)*

Certified Inpatient Coder

Demand for medical coders will grow 13% by 2026. Establish yourself as an expert in inpatient medical records review.

6 Months | **$2495** *(Exam voucher included)*



For complete information on ALL of our Advanced Career Training Programs visit:

http://careertraining.ed2go.com/valdosta/

Prices subject to change.

Careers in Drafting, Engineering, Architecture & More

Learn to use AutoCAD and Revit software to open the door for an exciting career in drafting, engineering, architecture, or design.

AutoCAD 2018 Certified User

Master basic and advanced AutoCAD design skills in 2D modeling.

6 months | **$2595** *(Exam voucher included)*

AutoCAD 2018 with AutoCAD 3D 2018

Master basic and advanced AutoCAD design skills in 2D and 3D modeling.

9 months | **$3295** *(Exam voucher included)*

Autodesk Inventor

Master fundamental skills in this model design tool.

6 months | **$2595** *(Exam voucher included)*

Autodesk Revit Architecture

Learn Revit's functionality for the architectural design process.

6 months | **$2595** *(Exam voucher included)*

Programas de Entrenamiento Profesional Por Internet en Español

Distintivos

- **Autónomo, comience en cualquier momento, acceso 24/7**
- **Libros y materiales incluidos**
- **Asistencia financiera disponible**
- **Consejerores estudiantiles incluidos**
- **Certificaciones reconocidas por la industria**

Inscribite hoy, o para mas programas e informes visita: **careertraining.ed2go.com/Valdosta**

Programa de Certificado de Conocimiento Básico de HVACR NATE Core

6 meses | **$ 2295**

El Curso Especializado de Diseño de Bodas y Eventos de Preston Bailey

6 meses | **$ 1795**

Paralegal & Legal Support Programs - Online

The JOB OUTLOOK for paralegals and legal assistants is excellent. Start your career today in this high-growth field.

Paralegal Certificate Course©

The Center for Legal Studies' flagship program.

Competition for jobs in the paralegal field will be strong. This intensive, rigorous program is designed to produce well-trained paralegals with strong computer and database management skills. The 14-week program includes both Paralegal 1 and Paralegal 2, each a 7-week session.

ONLINE | $1,595*
(DVD and Text formats also available. Live Lecture format is not available at VSU.)

*Tuition fee does not include course materials. Course materials are purchased separately and are subject to shipping charges.

Looking for Financial Assistance?

Sallie Mae Career Training Loan℠
We are one of the select partner schools approved by The Center for Legal Studies for Sallie Mae funding.

MyCAA (Military Spouse Funding Program)
This educational financing program is available for spouses of active duty service members and activated guard and reserve members.

Contact Sue Bailey at subailey@valdosta.edu/229.245.6484 for important information BEFORE applying for these funding programs.

Register or learn more about these and other legal support programs at www.legalstudies.com/vendor/valdosta:

- Employment Law Certificate Course
- Victim Advocacy Certificate Course
- Law School Preparation Course
- Software Essentials for the Law Office
- Preparing for the LSAT

Questions about course content?

Call The Center for Legal Studies at 800.522.7737 to speak to a representative.

Financial Aid - MyCAA, AF COOL, Sallie Mae

MyCAA

Military spouses can receive a $4000 scholarship to train online and learn at your convenience for a career that moves with you wherever you are stationed.

Who is eligible?

Spouses of active duty Army, Navy, Air Force, or Marine service members in pay grades E1-E5, W1-W2, or O1-O2.

Spouses of National Guard or AGR Members must be on federal Title 10 active duty orders.

Popular programs:

- Clinical Dental Assistant
- Medical Transcription
- Marketing Design
- Medical Administrative Assistant
- Travel Agent
- And more...

Visit the MyCAA Spouse Portal at https://aiportal.acc.af.mil/mycaa to create your account.

AF COOL - Air Force Credentialing Opportunities On-Line

Receive $4500 per lifetime per Airman for credentialing in your AF job AND prepare for employment when you re-enter civilian life. Eligibility requirements apply. To see if you are eligible and to apply, visit **afvec.langley.af.mil/afvec/Public/COOL/.**

Call VSU's Office of Professional and Community Education at 229.245.6484 to find out how we can help.

Credentials include:

- **Project Management (CAPM, PMP)**
- **Certified Administrative Professional (CAP)**
- **Microsoft Office Specialist 2016 (MOS)**
- **Project Management (CAPM, PMP)**
- **CompTIA**
- **Human Resources Professional**

Sallie Mae Career Training Smart Option Student Loan®

The Smart Option Student Loan® can help you pay for non-degree, continuing education career training.

Go to www.salliemae.com/00159998 to apply today!

Learn more about your options at www.salliemae.com under "Career Training Student Loans."

SallieMae®

Questions about these financial aid options?

Contact Sue Bailey at 229-245.6484 or email subailey@valdosta.edu for more information.

Frequently Asked Questions

Do I have to formally apply through VSU to take Continuing Education classes?

No. All of our classes are open to the public and our registration process is simple.

How will I know if a class is confirmed or cancelled?

A confirmation receipt will be mailed or emailed upon processing your registration. If a course is cancelled, you will be notified by email or phone.

What is our refund / cancellation / transfer policy?

Unless otherwise stated, full refunds minus $5 or 5%, whichever is greater, will be given by calling 229.245.6484 at least three working days (Sat/Sun not included) prior to the beginning of the program. No refunds for cancellations less than three working days prior to the beginning of a class, but registrants may send a substitute. No partial refunds for classes missed. Full refunds for classes cancelled by VSU.

What is a CEU?

A Continuing Education Unit (CEU) is a standardized method of recording participation in continuing education classes designed to improve occupational skills or knowledge. Check with your occupation's licensing agency to find out if a particular course will meet your requirements.

Are there financial aid opportunities available?

Participants in certain career and professional development courses may be eligible for financial aid from private lenders. The Hope Scholarship and Federal Financial Aid are not applicable to non-credit courses. Funding for active duty Airmen and spouses of active duty service members is available (AF COOL and MyCAA). We also accept the Sallie Mae Smart Option Loan for many of our online career training programs. Call our office at 229.245.6484 for more information.

Where will my course be held? What about parking?

Except where noted, classes are held at the Regional Center for Continuing Education, 903 N Patterson Street, Valdosta or in the Annex classrooms adjacent to our building. Temporary parking passes will be provided.

3 Ways to Register...

1 ONLINE
www.valdosta.edu/pace

2 PHONE
229.245.6484

3 IN PERSON
Regional Center for Continuing Education Building at 903 N. Patterson Street, Valdosta
(across from The Crescent)

Make your check or money order payable to VSU PACE (Professional and Community Education)

Connect with us on social media!

Search
"VSU Office of Professional and Community Education"

OFFICE HOURS:

MONDAY - THURSDAY
8 AM - 5:30 PM

FRIDAY
8 AM - 3 PM

Teacher Recertification Online

Top 3 Most Popular Self-Paced, 6-Month Courses

Behavior Is Language

Discover what students are trying to tell you through the "language" of their behavior. Learn behavioral techniques and intervention strategies.

4.5 CEU / 4 PLU $209

Understanding Aggression

Gain awareness of the causes of agression and ways to evaluate it and intervene before it turns to violence in the schools. Includes dealing with aggression in the classroom, youth gangs, aggression in sports and on television, and the role of drugs and alcohol.

4.5 CEU / 4 PLU $209

Autism & Asperger's Disorder

Learn about characteristics of the disorder, learning styles, communicatoin weaknesses, and successful intervention strategies.

3 CEU / 3 PLU $189

Information on all of our self-paced, online teacher recertification courses can be found at www.valdosta.edu/pace. Questions? Call 229.245.6484 or email pace@valdosta.edu.

Save the Dates!

June 15 -19, 2020

AP @ Valdosta State University

English Literature & Composition

Early bird: $725 (After May 4, $795)

Our institute includes:

- Continental Breakfast, Monday only
- Catered Lunch on-site, Monday - Thursday
- Refreshments/snacks
- College Board materials

Coming from out of town?

- VSU discounted rates available at several area hotels.
- On-campus accommodations are also available.

For complete information, contact Sue Bailey: 229.245.6484, subailey@valdosta.edu.

Visit our website for details at www.valdosta.edu/pace under "Teacher Recertification."

Register online for our 6-week, Fundamentals Courses at www.ed2go.com/valdosta/or by calling 229-245-6484

Teaching Science: Grades 4 - 6

Increase your effectiveness as a science teacher for children in grades 4 - 6.

2.4 CEU/2 PLU | $129

Teaching Students with Autism: Strategies for Success

(also available as a self-paced tutorial)

Help your students with high-functioning autism and Asperger's Syndrome unlock their potential in the classroom.

2.4 CEU/2 PLU | $129

Solving Classroom Discipline Problems

(also available as a self-paced tutorial)

Learn the secrets to an orderly classroom and a step-by-step approach to effective, positive discipline.

2.4 CEU/2 PLU | $129

Understanding Adolescents

(also available as a self-paced tutorial)

Gain valuable information on how adolescents feel, how their identities develop, and how you can best meet their needs.

2.4 CEU/2 PLU | $129

Find more teacher recertification courses at www.ed2go.com/valdosta

Questions?

Call us at 229.245.6484 or email pace@valdosta.edu.

Introduction to Wine Tasting

You've heard that red wine is served with meat and white with fish, corks are better than screwtops, and more expensive is better. Join us to find out what's true and what's not. Discover the basics of grape cultivation and how the type of grape, growing environment, weather, and many other factors influence the grapes. Learn the wine tasting ritual as you sample a variety of red and white wines.

Instructor **John Magnasco** has attended numerous wine institutes and programs in California, Virginia, Italy and Portugal and enjoys sharing his knowledge and love of wine.

Location: 1951 E Park Ave, Valdosta (Unitarian Universalist Fellowship Hall. Directions provided with registration receipt.)

20WPEL01 | **Wed** | **Mar 11** | **6 - 8:15 PM** | **$35**

(Class limited to 12 participants)

Couples and any pairs of friends registering and paying together: choose $35 Registration Fee for the first person and then $24 Couple - 2nd Person when you enroll your partner/friend.

Mixed Media Self-Portrait

Combine a variety of materials to make a mixed media piece of art that reflects YOU. Create an actual self-portrait or use imagery to describe who you are. Session 1 will be a planning and practice session to explore the medium and help you choose your supplies and materials. Instructor **Hunter Pope** is pursuing a graduate degree in art therapy.

20WPEL03 | **5 Tues** | **Mar 31 – Apr 28** | **6 - 8 PM** | **$109**
(Supplies not included)

Practical Spanish

Learn useful everyday Spanish words, phrases, and expressions to communicate when traveling and with friends, family, customers, and others in your daily life. Instructor **Natalie McManus Chu** teaches Spanish at Valdosta State University's Department of Modern & Classical Languages.

20WPEL02 | **6 Mon** | **Mar 2 - Apr 6** | **6:30 - 8:30 PM** | **$99**

Ballroom 101: Waltz & Swing

Dancing is not only fun, but great exercise! Learn the steps and patterns of Waltz and Swing to be ready to hit the dance floor at your next wedding or other social gathering. Instructor **Janice Blanchard** is a member of USA Dance - Tallahassee and a lifelong teacher of dance. Couples Discount: call 229.245.6484 or visit www.valdosta.edu/pace for details.

20APEL03 | **5 Thurs** | **Mar 5 - Apr 2** | **6:30 - 7:45 PM** | **$99**

Watercolor for Beginners

Learn basic watercolor techniques by painting a still life, then apply your new skills to create personal works of art from images you choose. Each painting allows you to further hone your watercolor skills. A list of supplies will be mailed with your registration receipt and is also available at our website, www.valdosta.edu/pace. Instructor **Hunter Pope** is pursuing a graduate degree in art therapy.

20WPEL02 | **5 Tues** | **Feb 18 – Mar 24** | **6 - 8 PM** | **$109**
(Supplies not included)

Survival Sign Language

You will be introduced to Deaf culture and etiquette as you practice finger-spelling, basic signs, common phrases, and learn general concepts and structure of American Sign Language (ASL). Beginning and returning students are welcome. Instructor **Christina Ogden** is President of South Georgia Deaf Community.

20APEL04 | **6 Tues** | **Feb 18 - Mar 24** | **6 - 8 PM** | **$99**

ASL 2 - More Sign Language

Continue building on your basic sign language skills with instructor **Christina Ogden**. Learn new vocabulary and practice words, spelling, and conversations.

20FPEL02 | **5 Tues** | **Apr 7 - May 5** | **6 - 8 PM** | **$89**

Drawing Diversions: Working in Pastels and Charcoal

Enjoy five nights of fun and experimentation with drawing media. See what you can do with Charcoal, Soft Pastels, and Oil Pastels, playing on paper. One medium is bound to resonate with you, the artist. Instructor **Ray Noll** teaches art at Valdosta State University. (List of supplies will be sent with your registration receipt; also available at our website, www.valdosta.edu/pace.)

20WPEL07 | **5 Mon** | **Mar 23 – Apr 20** | **6 - 8 PM** | **$109**
(Supplies not included)

CampDISCOVERY

Youth Programs at VSU Professional and Community Education

There's NO PLACE like CampDISCOVERY for your kids to expand their horizons, make friends, and grow academically, artistically, and physically.

CampDISCOVERY: Spring Break Edition 2020

- Week-long camps run morning, afternoon, or all day, April 6 - 10, at the VSU STEAM Center.
- Morning & afternoon snacks provided; supervised lunch period for all-day campers.
- Early drop-off (7:45 AM) available at no extra charge.

Awesome Artists Section A (Grades K - 5)

Drawing, painting, crafts...complete several projects this week to decorate your room or give as gifts. Different projects in morning and afternoon camps. Sign up for both!

20SKSB1 | **9 AM - 12 PM** | **$99** | **Instructor: Sheila Sabin**

Awesome Artists Section B (Grades K - 5)

Drawing, painting, crafts...complete several projects this week to decorate your room or give as gifts. Different projects in morning and afternoon camps. Sign up for both!

20SKSB3 | **1 - 4 PM** | **$99** | **Instructor: Sheila Sabin**

STEM Explorers (Grades K - 3)

Explore the fun world of Science, Technology, Engineering, and Math (STEM) through age-appropriate hands-on activities based on building and problem-solving. Learn about magnets, explore chemical reactions, and more! Complete several projects each day.*

20SKSB2 | **9 AM - 12 PM** | **$99** | **Instructor: Kara Bunte**

STEM Mini Olympics (Grades K - 3)

Explore the fun world of Science, Technology, Engineering, and Math (STEM) through age-appropriate hands-on activities based on building and problem-solving. Learn about magnets, explore chemical reactions, and more! Complete several projects each day.*

20SKSB4 | **1 - 4 PM** | **$99** | **Instructor: TBA**

STEM Olympics (Grades 4 - 6)

Explore the fun world of Science, Technology, Engineering, and Math (STEM) through age-appropriate hands-on activities based on building and problem-solving. Learn about magnets, explore chemical reactions, and more! Complete several projects each day.

20SKSB5 | **1 - 4 PM** | **$99** | **Instructor: TBA**

**Different projects in the morning STEM Explorers and afternoon STEM Mini Olympics. Take both!*

CampDISCOVERY: Summer Edition 2020

- Week-long camps run morning, afternoon, or all day from June 1 - August 1.
- Morning & afternoon snacks provided; supervised lunch period for all-day campers.
- Early drop-off (7:45 AM) available at no extra charge.

Full schedules and complete details will be available by the end of March on our website, www.valdosta.edu/pace, so check back then. Call us at 229-245-6484 or email pace@valdosta.edu to get on our mailing list to receive your CampDISCOVERY catalog and announcements throughout the year.

These are just some of the summer camps we offer...

Arts & Crafts
Cooking
Tennis
LEGO building
Theater
Science & Math
Outdoor Recreation
Technology & Digital Arts

Learning In Retirement
VALDOSTA STATE UNIVERSITY

With two decades behind us since all the stir about whether our technology world would survive Y2K, we have arrived at the milestone year 2020. Hindsight being 20/20, so the saying goes, let us move forward with resolve to learn from history — how it was — as we catch a vision for a strong future.

LIR 1996-2020: Our Journey to Now

Invited panel guests will take us on the LIR journey through personal perspectives from the beginning of the program to now. Don't miss this historical session with long time members, leaders, and administrators. We'll end with a look forward and a vision for the future! Panelists include: Dr. Louis Levy, Joyce Aigen, Tommy DeVane, Hubert Hintzen, Millie Chitwood, Suzanne Ewing, Vicki Gay, and Ginny Lynn.

If you have served on the LIR Board or in any capacity on LIR committees, please be sure to sign up for this event so we can recognize you during this session so you can comment or contribute from the audience.

20SLIR218 | Tues | **March 24** | **11 AM - 12:30 PM**
Carol Jennings, Moderator

Be sure to check out all of the History, Social Studies, and Science course offerings for Spring 2020 on pages 22 - 23.

Fall 2019
LIR Luncheon

Photo by: PAUL LEAVY

Looking for a great gift idea?
GIVE THE GIFT OF LEARNING!

Gift Certificates

$

are available in the Office of Professional and Community Education

You can now donate online to Learning in Retirement! A tax deductible contribution of $75 will provide a scholarship for someone who would like to participate but cannot afford a membership. Donations of any amount are also welcome and will be used to support our programming and special events. Visit our website, www.valdosta.edu/pace, for more information.

Student Recreation Center memberships are open to LIR members

1) LIR members get the faculty/staff rate of $90/semester. Summer is $70.

2) You can use your LIR parking permit at the REC Center; park in the staff or faculty/admin spaces.

3) You should bring your registration receipt to the REC center as verification of LIR membership.

About Learning in Retirement

Our Mission

We provide a unique opportunity for cultural growth, lifelong learning, and recreation for individuals 50 years of age and above. LIR is member-led and university-sponsored. Members are involved in determining curriculum, recruiting new members, managing the budget, and developing social programming.

LIR Registration Fee

There are no extra fees above your $75/semester or $135 yearly (if paid in fall) membership for any LIR classes except when noted in class descriptions. See page 25 - 26 for tear-out registration form and class checklist.

Where are LIR classes held?

Most classes are held in the Regional Center for Continuing Education (RCCE), 903 N Patterson St., or in the adjacent PACE Annex or the Extension. Exceptions will be noted in the class description.

LIR Depends on Volunteers!

We could not function without member volunteers! We need people to teach classes and to serve on all our committees. If you want more information, call 229-245-6484.

Is there a course enrollment limit?

Our volunteer instructors put a lot of effort into preparing their classes. We ask that you help us avoid *'less than expected' or 'no attendance'* on class days:

- Only sign up for classes you plan to attend.
- Be careful that you don't sign up for two classes with the same date/time.
- You can add courses throughout the semester.

If you find you cannot make it to a class, please let us know as early as possible by calling 229-245-6484. We know that the unexpected happens!

Spring 2020

Carnival Kick-Off Luncheon

20SLIR001

THURSDAY, JANUARY 23

Regional Center for Continuing Education Auditorium

11:00 AM Business Meeting • 11:30 AM Lunch • 12:00 Noon Program

Get together with old and new friends and enjoy a buffet lunch.

$12 ADMISSION

You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR!

Sign up by close of business on Thursday, January 16th by turning in your registration form or by calling 229.245.6484.

Wrap-Up Luncheon

20SLIR002

Teacher Appreciation

FRIDAY, MAY 15

VSU Regional Center for Continuing Education Auditorium

11:30 AM Lunch • 12:00 Noon Program

Wrap up the semester with old and new friends and enjoy a buffet lunch.

$12 ADMISSION

NO CHARGE FOR INSTRUCTORS OF FALL 2019 OR SPRING 2020 CLASSES

You do not need to be an LIR member to attend – bring a friend you would like to introduce to LIR!

Registration for the meal should be received by close of business on Friday, May 8th.

Mahjongg

Unlock the mysteries of this ancient Oriental game played with tiles. Popular to this day, played all across America, this challenging game blends skill, strategy, and chance. We use the National Mahjongg League Card. Appropriate for everyone, from beginners to players just looking to enhance their skills.

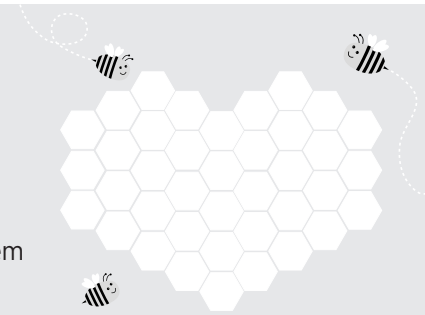
20SLIR100 | **15 Mon** | **Feb 3 - May 11** | **12:30 - 3 PM**
Elizabeth Burnette, Instructor

Basic Bridge

A continuation of beginning bridge. Designed for those players who know beginning bridge and want to improve their skills. **$35 EXTRA FEE.** After class ends, individuals are welcome to come play at the Wednesday class time until May 13.

20SLIR101 | **9 Wed, Jan 29 - Mar 25** | **1 - 3 PM**
Dan Deany, Instructor

How to Make Beeswax Candles



Beeswax candles are a great alternative to toxic scented candles and you can easily make your own with simple ingredients. Use them, give them away as gifts, or sell them to your community!

Each participant will receive an instruction sheet. Cost: $6 for supplies to be paid directly to the instructor. Class limit 20. Off-site, Urban Honey Bee, 201 South Lee Street, downtown Valdosta.
20SLIR105 | **Tues, Mar 31** | **2:30 - 4 PM**
Kathryn Valler, Instructor

How to Make Dumplings

Homemade dumplings are easier to make than you think, and they taste 1000X better than the store-bought ones! In this hands-on class, you will learn to make pork dumplings. These dumplings are pan fried, then steamed. The best part of the class is that we get to eat the fruit of our labor. Each participant will receive the recipe. Cost: $6 for supplies to be paid directly to the instructor. Class limit 20. Off-site: Urban Honey Bee, 201 South Lee Street, downtown Valdosta.

20SLIR106 | **Mon, Jan 27** | **1:30 - 3 PM**
Kathryn Valler, Instructor

Sew for a Cause

If you can cut and pin fabric, sew on a button, or just organize items, we can use your help making items for charities. Come for an hour, or all day. Materials and sewing machines provided.

20SLIR104 | **Tue, Wed, March 10 & 11** | **10 - 3 PM**
Vicki Gay, Elaine Southall, & Marie Sooy, Instructors

Classic Movie with Dinner

Gather once a month at Valdosta Cinemas for a Wednesday afternoon 'Flash Back' film, then discuss the film with LIR friends over dinner. Movie and dinner choices made by group. Coordinator will contact those who register for this event to determine movie preferences, which will determine what Wednesday movie and date is selected each month. Cost: Dutch Treat. Meet at 3:45 PM at Cinema, 1680 Baytree Rd, Valdosta.

20SLIR111 | **Feb, March, Apr Dates TBA**
Ginny Lynn, Coordinator

Chemo Cap Brigade

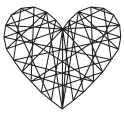
If you knit, crochet or sew and have a desire to do something to benefit area cancer patients, consider joining the Chemo Cap Brigade, a group of volunteers that has been active for more than 9 years. The volunteers hand make caps and lapghans that they gift to cancer patients at the Pearlman Cancer Center. For more information call Annette Woodruff at (229) 244-0579.

Bring your crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular) and spend some time getting a start on caps for the next meeting. Yarn and patterns are available at the meetings. Meet in the lobby of the Pearlman Cancer Center, SGMC. **Annette Woodruff, Facilitator.**

20SLIR103A | **Thurs, Feb 27** | **10 AM - 12 PM**
20SLIR103B | **Thurs, Mar 26** | **10 AM - 12 PM**
20SLIR103C | **Thurs, Apr 30** | **10 AM - 12 PM**

Spring Make and Take

This course is for non-artsy crafters, but others may attend. Materials, directions, and help will be provided. Select 2 items to make in class and take home with you for $5 per class. Choices will be wood crafts, string art, or a combination. **Madonna Terry, Instructor**



Session 1: Wood craft - board/heart decor.
String art - LOVE.
20SLIR107 | **Wed, Feb 12** | **1 - 3 PM**

Session 2: Wood craft - 2X4 leprachaun hat or butterfly.
String art - butterfly.
20SLIR108 | **Wed, Mar 4** | **1 - 3 PM**

Session 3: Wood craft - bunny chick or 2X4 flower basket.
String art - bunny or key holder.
20SLIR109 | **Wed, Apr 8** | **1 - 3 PM**

Session 4: Wood craft - flower on stem.
String art - Mason jar or flower.
20SLIR110 | **Tues, May 5** | **1 - 3 PM**

LIR — History, Social Studies, & Science

Views of the News

Come ready to discuss today's hot news topics and current events. All views are welcome! We will cover local, regional, and global events. Ideological persuasion of the course is determined by who attends and who comes back each semester.

20SLIR202 | **12 Fri** | **Feb 7 - Apr 24** | **10 AM - 12 PM**
Dr. James LaPlant and Dr. Dick Saeger, Moderators

Laurel and Hardy

Learn how Englishman Arthur Stanley Jefferson and Norvell Hardy, a man from Harlem, Georgia became the beloved comedy team known as Laurel and Hardy, eventually appearing in more than 100 films together. Then enjoy one of their classic movies! Concessions provided, bring your own beverages.

20SLIR213 | **Thurs, Apr 9** | **1 - 2:30 PM** | **Deborah Barnard, Instructor**

Photo Journey: Balloons, Trains, Moab, & Monument Valley

Highlights: Sedona & Oak Creek Canyon, Grand Canyon, International Hot Air Balloon Festival, Durango, Silverton Train Ride, Monument Valley, Moab & Arches National Park.

20SLIR220 | **Thurs, Apr 30** | **1 - 3 PM** | **Judy Baxter, Instructor**

Be sure and see page 18 for the History of LIR class!

Class Series: Why Do We Speak English: Understanding the Colonial Era of U. S. History.

Dr. Dixie Ray Haggard, Instructor

When Worlds Collide: Contact and the Columbian Exchange

20SLIR203 | **Wed, Feb 5** | **11 AM - 12 PM**

Dividing Paradise and the Seed of Evil

20SLIR204 | **Wed, March 4** | **11 AM - 12 PM**

Why Go to America? Push and Pull Factors Behind Colonization

20SLIR205 | **Wed, Apr 1** | **11 AM - 12 PM**

Photo Journey: Khabarovsk, Russia

Learn some basic facts about Russian history, culture and geography. Next, take an armchair tour of Khabarovsk, Russia—a city of almost 600,000 people in Southern Siberia near the Chinese border - guided by a native.

20SLIR219 | **Mon, Apr 6** | **3 - 4:30 PM** | **Elena Schmitt, Presenter**

History of Valdosta through Postcards

A look at postcards through the years of Valdosta's history. Examples include: The Trolley, Valdosta Sanitorium, schools, and businesses.

20SLIR200 | **Mon, Apr 20** | **3 - 4 PM**
"Diamond" Jim Halter, Instructor

History of Money in Georgia

A look at money in Georgia from the early 1600s to the early 20th Century will include Revolutionary Currency, Confederate Money, Broken Bank Notes, and First National Bank of Valdosta Notes, etc.

20SLIR201 | **Mon, Mar 23** | **3 - 4 PM**
"Diamond" Jim Halter, Instructor

Valdosta Municipal Court 101

Whether from personal experience or from TV, you've probably heard these words, "Order in the Court!" This session with Judge Bender will give you insight into the workings of The Valdosta Municipal Court which is ranked in the top 20 in regards to caseload out of over 400 municipal courts in the State of Georgia. She'll touch on how the Court tries to balance serving the community, while making sure justice is administered, as it prosecutes cases involving violations of criminal statutes, traffic regulations, local code violations, abatement of nuisances, business regulations, housing regulations and environmental issues.

20SLIR208 | **Thurs, Feb 27** | **2 - 3 PM**
Judge Vernita Lee Bender, Instructor

Rethinking Formal Education to Seek God and Power in Medieval Society

After the collapse of civic Roman civilization, knowledge and the venues of acquiring, preserving and expanding it underwent a considerable evolution. This class offers a broad sketch of major changes in higher education and their specific historical context in the medieval West. Students will learn about the various methods, objectives and places of learning. Particular attention will be paid to the rise of cathedral schools and universities as important centers of intellectual activities for increasingly confident and urbanized westerners who sought greater understanding of the spiritual and physical aspects of their world.

20SLIR211 | **Thurs, Feb 13** | **1 - 2:30 PM**
Dr. Sebastian P. Bartos, Instructor

LIR — History, Social Studies, & Science

Bees and Their Importance for Our Future

The loss of bees is a huge problem for humans, who rely on the insect for foods such as strawberries, pecans, melons and almonds. Because of this, Barry Futch, VSU environmental and occupational safety employee and a beekeeper for 20 years, is trying to keep the campus' bees alive ('Let it Bee' VDT July 2019 article). This session will focus on the importance of bees for our future and the bee's life as we know it.

20SLIR209 | **Thurs, Feb 13** | **6 - 7 PM**
Barry Futch, Presenter

Electrochemical Anodization of Metal

Coloring metals for jewelry and art involves a more intricate process than other types of art techniques. The process is called electrochemical anodization which is essentially adding a thin layer to the top of a metal piece by way of electricity. Instructor will discuss how this works and demonstrate the technique with several types of metals commonly used in jewelry making.

20SLIR210 | **Mon, Mar 23** | **2 - 3:00 PM**
Dr. Dereth J. Drake, Instructor

Coral and Oyster Restoration - Bailey Science Center

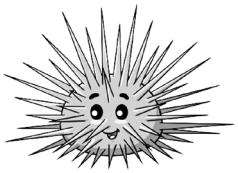
VSU Professor of Chemistry, Dr. Thomas Manning, and his students have been testing new techniques as they strive for an economical green approach to coral restoration which can be implemented on a large scale. They make their own materials in the Bailey Science Center (BSC) greenhouse. This session includes a trip to the greenhouse on the 4th floor for a demo, but bring a pair of garden gloves as you will be able to participate hands-on, also. The greenhouse (rooftop) is wheel chair accessible. Elevator and ramps. (Class max - 12)

Park next to the building if spaces are open, or in the lot across Georgia Ave. from the BSC. Meet in the atrium on the first floor..

20SLIR207 | **Sat, Feb 1** | **9 AM - 12 PM**
Dr. Thomas Manning, Instructor

A Closer Look at Sea Urchins

A general introduction about sea urchin anatomy, physiology and reproduction and an illustration of their use as a research model. The students will be offered the opportunity to observe sea urchin embryos at the microscope.



20SLIR206 | **Thurs, Mar 19** | **3 - 4 PM**
Dr. Cristina Calestani, Instructor

Natural History of Snakes

Learn about the evolution, biology, and behavior of snakes and their place in the ecosystem. The instructor will cover the venomous snakes found in our area and will bring a live (non-venomous!) specimen for participants to view.

20SLIR212 | **Fri, Apr 17** | **1 - 2:30 PM**
Dr. Adam B. Safer, Instructor

Issues of the Day in American Politics & the 2020 Presidential Campaign

Join us as we discuss the current political events in our country and the 2020 presidential campaign. All views are welcome.

20SLIR214 | **Thurs, Feb 20** | **10 AM - 12PM**
Paul W. Hamilton, Attorney at Law, Instructor

Aigen: One Man's War Documentary

A new documentary about the experiences of military hero, George Aigen, through France and the liberation of Dachau concentration camp during WWII.

20SLIR215 | **Thurs, Mar 12** | **1 PM - 2:30 PM**
Joyce Aigen, Presenter

Nazi Holocaust

Two words: chilling words, haunting words, dehumanizing words, criminal words, monstrous words.

Two words that mean the planned "extermination" of a people.

Two words that raise difficult questions for which there are no answers.

Two words for which, as Elie Wiesel said, there are no words.

We will watch, read about, and discuss aspects of these **two words.**

20SLIR216 | **7 Mon, Feb 3 - Mar 16** | **2 - 4 PM**
Dr. Louis Schmier, Instructor

The XIV Dalai Lama on the Education of the Heart

The XIV Dalai Lama often talks about the need to bring together the head and the heart. When rational beings act without having a compassionate heart and an empathetic understanding we can do more harm than good. Unfortunately our Western academic institutions at large do not train students in such a holistic way.

20SLIR217 | **Fri, Feb 28** | **1 - 2:30 PM**
Dr. Cristobal Serran-Pagan, Instructor

AARP Smart Driver

You may be able to reduce your insurance rates with this 6-hour class which provides a review of driving skills and techniques, as well as strategies and tips to help you adjust to normal age-related physical changes that can affect your driving ability. There is a $15 fee for current AARP members and $20 fee for non-members to cover certificate/paperwork (paid directly to instructor). Bring your driver's license and AARP card. Class is open to the public for anyone age 18 or over - LIR membership is not required.

Al and Mary Raines, Instructors

SECTION A - ONE DAY working-lunch class - adequate breaks - *bring a sack lunch/drink*

20SLIR309A | **Sat, Feb 8** | **9 AM - 3:30 PM**

SECTION B
20SLIR309B | **Tues & Wed, May 12 & 13** | **1 - 4 PM**

Dementia: What it is and Caregiver Challenges

Discussion for these dementia sessions with Dr. Tann is primarily driven by the data with personal knowledge, experience and shared information from her book, "The Race of Dementia." It's important to recognize that dementia is not a disease, but the symptoms thereof. Discussion will hinge on differentiating between dementia and related diseases and will include recent facts and figures, resources and encouragement. Noting the colossal responsibility of being a caregiver for a loved one with dementia, information and resources will be incorporated into the sessions.

20SLIR306 | **Tues, Thurs, Mar 24 & 26** | **1 - 2:30 PM**
Debra Tann, Ed.D., Presenter

Hemp and CBD Oil: Benefits and Uses

You've seen the headlines, and you know there is so much to learn about the current cannabis industry. This class will concentrate on what health/medicinal benefits might be possible with Hemp and CBD Oil. Instructor will answer questions to include: What is hemp? How is it grown? Is it legal? What is CBD oil and what it is good for?

20SLIR302 | **Thurs, Feb 27** | **1 - 2 PM**
Paula Sheffield, Certified Instructor

Was it Something I Ate?

1 in 6. That's the number of Americans that get sick each year with "food poisoning" from eating contaminated food. Learn the basics of food safety: who is most at risk for foodborne illness; the major causes of food contamination; how to keep food safe in the flow of food from purchase to the plate. We'll take a look at food safety inspections and how to check the food scores for restaurants in Valdosta and the surrounding area.

20SLIR311 | **Thurs, Mar 26** | **11:15 AM - 12:30 PM**
Sue Bailey, Certified ServSafe Instructor

Free to Fly

Stop paying the airline to manhandle, scratch, dent, damage, tear up, or lose your luggage! Learn how to pack a carry-on case for an up-to-2-week trip without the expense of a checked bag. **Carol Irwin, Presenter**

SECTION A: 20SLIR300A | **Mon, Mar 16** | **10 - 11 AM**

SECTION B: 20SLIR300B | **Thurs, Apr 23** | **2 - 3 PM**

Face It, or Flee? Self-defense Tips for Seniors

Everyday, without knowing it, we do things that can attract predators. Learn common sense methods of staying out of harm's way. With awareness and some changes in our daily habits, we can lessen the chance of getting caught in common dangerous situations. By learning to be proactive, we can be equipped to decide whether we should 'face the situation or flee.' (Not a hands-on physical defense class)

20SLIR303 | **Wed, Feb 5** | **1 - 2:30 PM** | **Tommy DeVane, Instructor**

Promoting the Flow of Body Chi (qi) For Wellbeing

An introduction to chi (qi), vital energy or life force. Flow of qi is the basis for many modalities, including acupuncture, tai chi, Qigong, and martial arts. Learn how to identify areas of blockage in your body, and simple ways to stimulate flow for wellbeing.

20SLIR304 | **Thurs, Mar 19** | **1 - 2:30 PM** | **Ginny Lynn, Presenter**

Belly Fat: BE GONE!!

The health risks associated with excess abdominal fat, such as heart disease, diabetes, and cancer are commonly discussed in our society. Unravel the mysteries of belly fat. Learn to develop individual programs to eliminate belly fat from your future.

20SLIR305 | **2 Thurs, Apr 16 & 23 | 11 AM - 12 PM | Ginny Lynn, Presenter**

62+ Program at VSU

LIR sometimes gets inquiries about "the program where seniors can take VSU classes for free." **VSU Admissions Personnel will share all the details about how the 62+ Program works.**

20SLIR301 | **Wed, Feb 12** | **11 AM - 12 PM**
Lisa Long, Assoc. Director & Ryan Hogan, Director, Presenters

Understanding Grief and Loss

Just as no one's grief is exactly the same, there is no "one-size-fits-all" way to cope with loss. The objectives of this class are to help participants understand common reactions to grief, misconceptions of grief, secondary losses, and other factors that influence an individual's journey through grief and loss. We will also discuss the importance of self-care and pre-planning.

20SLIR308 | **Thurs, Apr 23** | **1 - 2:30 PM**
Connie Register, Rebecca Hendricks, Presenters

Avoiding the High Cost of Nursing Home Care

Join attorney Paul W. Hamilton of Hamilton Estate Planning for a discussion of how to avoid the high cost of nursing home care. This course will also cover wills, statutory powers of attorney, advance directives for health care, and revocable and irrevocable trusts.

20SLIR310 | **Thurs, Jan 30** | **10 AM - 12 PM** | **Paul Hamilton, Instructor**

Registration Form

for

Learning In Retirement SPRING 2020

REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT; a place in your class(es) will NOT be held for you until payment is received.

Register by mail:
Learning in Retirement
1500 N Patterson St
Valdosta State University
Valdosta, GA 31698-0998

Register by phone with credit card:
229.245.6484
TO PROTECT YOUR PERSONAL INFORMATION, PLEASE DO NOT EMAIL CREDIT CARD PAYMENTS!

Register in person:
Regional Center for
Continuing Education
Room 124
903 North Patterson Street

ONLINE REGISTRATION
FOR LIR NOW AVAILABLE!
www.valdosta.edu/pace/

REGISTRATION CONFIRMATIONS/RECEIPTS WILL BE EMAILED along with a link to any associated maps and materials lists, if we have an email address on file for you. You may pick up your parking permit in our office at your convenience prior to your first class. If you would like your receipt sent by U.S. mail, please check the box below.

❑ **Please MAIL my registration confirmation/receipt, parking permit, and any associated maps and materials lists.**

Preferred Name _____ Legal Name *(If Different)* _____

Mailing Address _____ City _____ State _____ Zip _____

Primary Phone _____ Alternate Phone _____ Email _____

❑ Check here if you do NOT wish to be added to our email newsletter list.

Is this your first time ever participating in Learning in Retirement? ❑ YES ❑ NO

If you are new to LIR, how did you hear about us? _____

Fees: Check All That Apply (Other class fees may be collected by instructor as noted in class description)

❑ $75 Spring Membership (20FLIR999) ❑ Current yearly membership (paid in Fall) ❑ $12 Spring Kick-Off Lunch ❑ $12 Wrap-Up Lunch

❑ $35 Bridge ❑ $15 Animal Portraits ❑ Subtract $15 if Volunteer Teacher for Spring 2020 Term

Total Fees: $ _____

Payment Type:

❑ **CASH** RECEIPT # _____ ❑ **CHECK** # _____
Make Payable to VSU-LIR

❑ **CREDIT CARD** (MasterCard / VISA / Discover)

Card Holder _____ Billing Address _____
Print Name - Exactly as it appears on card Same As Above? If Not, Print Address Here

Card # _____ Exp. Date _____ Sec. Code _____
(3 Digits on Reverse)

LIR — Course Selection

Special Events
PAGE 20

- ❑ 20SLIR001 **Kick-off Luncheon**
  Thurs, January 23, 11 AM - 1 PM $12 FEE
- ❑ 20SLIR002 **Wrap-Up Luncheon**
  Fri, May 15, 11:30 AM - 1 PM $12 FEE

Leisure & Crafts
PAGE 21

- ❑ 20SLIR100 **Mahjongg**
  15 Mon, Feb 3 - May 11, 12:30 - 3 PM
- ❑ 20SLIR101 **Basic Bridge ($35 EXTRA FEE)**
  9 Wed, Jan 29 - March 25, 1 - 3 PM
- ❑ 20SLIR104 **Sew for a Cause**
  Tues & Wed, March 10 & 11, 10 - 3 PM
- ❑ 20SLIR103A **Chemo Cap Brigade A**
  Thurs, Feb 27, 10 AM - 12 PM
- ❑ 20SLIR103B **Chemo Cap Brigade B**
  Thurs, Mar 26, 10 AM - 12 PM
- ❑ 20SLIR103C **Chemo Cap Brigade C**
  Thurs, Apr 30, 10 AM - 12 PM
- ❑ 20SLIR105 **How to Make Beeswax Candles**
  Tues, March 31, 2:30 - 4 PM
- ❑ 20SLIR06 **How to Make Dumplings**
  Mon, Jan 27, 1 - 2:30 PM
- ❑ 20SLIR107 **Spring Make & Take, Session 1**
  Wed, Feb 12, 1- 3 PM
- ❑ 20SLIR108 **Spring Make & Take, Session 2**
  Wed, March 4, 1 - 3 PM
- ❑ 20SLIR109 **Spring Make & Take, Session 3**
  Wed, Apr 8, 1 - 3 PM
- ❑ 20SLIR110 **Spring Make & Take, Session 4**
  Tues, May, 5, 1 - 3 PM
- ❑ 20SLIR111 **Classic Movie w/Dinner**
  Feb, Mar, Apr TBA

History, Social Studies, & Science
PAGE 22-23

- ❑ 20SLIR202 **Views of the News**
  12 Fri, Feb 7 - Apr 24, 10 AM - 12 PM
- ❑ 20SLIR220 **Balloons, Trains, Moab, & Monument Valley**
  Thurs, Apr 30, 1 - 3 PM
- ❑ 20SLIR203 **When Worlds Collide**
  Wed, Feb 5, 11 AM - 12 PM
- ❑ 20SLIR204 **Dividing Paradise**
  Wed, March 4, 11 AM - 12 PM
- ❑ 20SLIR205 **Why Go to America?**
  Wed, Apr 1, 11 AM - 12 PM
- ❑ 20SLIR206 **A Closer Look at Sea Urchins**
  Thurs, March 19, 3 - 4 PM
- ❑ 20SLIR207 **Coral and Oyster Restoration**
  Sat, Feb 1, 9 AM - 12 PM
- ❑ 20SLIR208 **Municipal Court 101**
  Thurs, Feb 27, 2 -3 PM
- ❑ 20SLIR209 **Importance of Bees**
  Thurs, Feb 13, 6 - 7 PM
- ❑ 20SLIR210 **Electrochemical/Metals**
  Mon, March 23, 2 - 3 PM
- ❑ 20SLIR200 **History Valdosta/Postcards**
  Mon, Apr 20, 3 - 4 PM
- ❑ 20SLIR201 **History of Money in Georgia**
  Mon, March 23, 3 - 4 PM
- ❑ 20SLIR211 **Medieval Society**
  Thurs, Feb 13, 1 - 2:30 PM
- ❑ 20SLIR212 **Natural History of Snakes**
  Fri, Apr 17, 1 - 2:30 PM
- ❑ 20SLIR213 **Laurel and Hardy**
  Thurs, April 9, 1 - 2:30 PM
- ❑ 20SLIR214 **Issues/ American Politics**
  Thurs, Feb 20, 10AM - 12 PM
- ❑ 20SLIR215 **Aigen: One Man's War Documentary**
  Thurs, March 12, 1 - 2:30 PM
- ❑ 20SLIR216 **Nazi Holocaust**
  7 Mon, Feb 3 - Mar 16, 2 - 4 PM
- ❑ 20SLIR217 **Education of the Heart**
  Fri, Feb 28, 1 - 2:30 PM
- ❑ 20SLIR218 **1996 - 2020 LIR History**
  Tues, March 24, 11AM- 12:30 PM
- ❑ 20SLIR219 **Photo Journey: Khabarovsk, Russia**
  Mon, Apr 6, 3 - 4:30 PM

Good To Know
PAGE 24

- ❑ 20SLIR309A **AARP Smart Driver A**
  Saturday, Feb 8 , 9:00 AM - 3:30 PM
- ❑ 20SLIR309B **AARP Smart Driver B**
  Tues & Wed, May 12 & 13, 1 - 4 PM
- ❑ 20SLIR301 **VSU 62+ Admission Program**
  Wed, Feb 12, 11 AM - 12 PM
- ❑ 20SLIR302 **Hemp/CBD Oil**
  Thurs Feb 27, 1 - 2 PM
- ❑ 20SLIR304 **Body Chi**
  Thurs March 19, 1 - 2:30 PM
- ❑ 20SLIR308 **Grief & Loss**
  Thurs, Apr 23, 1 - 2:30 PM
- ❑ 20SLIR303 **Face It Or Flee?**
  Wed, Feb 5, 1 - 2:30 PM
- ❑ 20SLIR305 **Belly Fat: Be Gone, 2**
  Thurs, Apr 16 & 23, 11 AM - 12 PM
- ❑ 20SLIR306 **Dementia: What it Is/Challenges**
  Tues, Thurs March 24 & 26, 1 - 2:30 PM
- ❑ 20SLIR300A **Free to Fly A**
  Mon, March 16, 10 - 11 AM
- ❑ 20SLIR300B **Free to Fly B**
  Thurs, Apr 23, 2 - 3 PM
- ❑ 20SLIR310 **Nursing Home Care**
  Thurs, Jan 30, 10 AM - 12 PM
- ❑ 20SLIR311 **Was It Something I Ate?**
  Thurs, Mar 26 11:15 AM - 12:30 PM

Health & Fitness
PAGE 27

- ❑ 20SLIR400 **Yoga**
  15 Tues & 15 Thurs, Jan 28 - May 7, 10 - 11 AM
- ❑ 20SLIR401 **Range of Motion,** 15 Mon & 15 Wed,
  Jan 27 - May 6, 10 - 10:45 AM
- ❑ 20SLIR402 **Walking is Medicine**
  Mon, Jan 27, 11 AM - 12 PM
- ❑ 20SLIR403 **Tai Chi for Health**
  8 Tues/8 Thurs, Jan 28 - Mar 19, 11:15 AM - 12:15PM
- ❑ 20SLIR404 **Beginning Line Dance Fun & Fitness**
  15 Fri, Jan 31 - May 8, 10 - 10:45 AM
- ❑ 20SLIR405 **Step 2: Line Dance Fun & Fitness**
  15 Fri, Jan 31 - May 8, 11 - 11:45 AM
- ❑ 20SLIR408A **Ballet for Balance A**
  Thurs, Jan 30, 1 - 2 PM
- ❑ 20SLIR408B **Ballet for Balance B**
  Tues, March 31, 11:15 AM - 12:15 PM
- ❑ 20SLIR410 **Hawaiian Dance**
  Mon, Feb 10, 1 - 2 PM
- ❑ 20SLIR412 **Chair Yoga**
  16 Mon, Jan 27 - May 11, 11 AM - 12 PM
- ❑ 20SLIR411 **Depression**
  Tues, May 12, 10 AM - 12 PM

Excursions & Tours
PAGE 28-29

- ❑ 20SLIR500 **Peach Orchard Tour**
  Thurs, May 7, Depart 11 AM
- ❑ 20SLIR501 **Mission San Luis**
  Thurs, March 5, Depart 9 AM
- ❑ 20SLIR510 **Genealogy Club**
  3 Tues, Feb 4, Mar 3, Apr 14, 1 - 2 PM
- ❑ 20SLIR511 **Looking for Family: Lowndes Ct House**
  Tues, Mar 17, 10 AM - 12 PM
- ❑ 20SLIR512 **Looking for Family: Moultrie**
  Thurs, Apr 9, Depart 8 AM
- ❑ 20SLIR513 **Looking for Family: VSU Archives**
  Wed, May 6, 10 AM - 12 PM
- ❑ 20SLIR502 **The Grove Museum - Tallahassee**
  Fri, Apr 10, Depart 9 AM
- ❑ 20SLIR503 **Taste of Thomasville**
  Thurs, Feb 13, Depart 9 AM
- ❑ 20SLIR508 **Thomasville Graveyards**
  Fri, March 20, Depart 8:45 AM
- ❑ 20SLIR507 **Camellia Hands-On Workshop**
  Thurs, Feb 6, Depart 12:30 PM
- ❑ 20SLIR509 **Camellia Show, Fort Valley**
  Sat, Feb 22, Depart 10 AM
- ❑ 20SLIR504 **VLPRA @ Senior Center**
  Tues, Feb 4, 1:30 - 2:30 PM
- ❑ 20SLIR505 **Bingo @ Knights of Columbus**
  Wed, Apr 15, 7 PM
- ❑ 20SLIR506 **Madison Blue Springs St Park**
  Sat, May 9, Depart 8:30 AM
- ❑ 20SLIR307 **Backyard Citrus Production**
  Tues Apr 7, Depart 9:30 AM

Fine Arts & Literature
PAGE 30-31

- ❑ 20SLIR610 **Valdosta Sympony Orchestra Preview**
  Wed, Jan 29, 11 AM - 12 PM
- ❑ 20SLIR606 **Peach State Summer Theatre Preview**
  Mon, Feb 3 , 11 AM - 12 PM
- ❑ 20SLIR613 **Animal Portraits**
  ($15 EXTRA FEE) 4 Tues, March 3 - 24, 1 - 2:30 PM
- ❑ 20SLIR611 **Having Fun with Ukulele Strum**
  16 Wed, Jan 29 - May 13, 2 - 3:30 PM
- ❑ 20SLIR600 **Book Review: Sean's Trilogy**
  Wed, Jan 29, 1 - 2 PM
- ❑ 20SLIR603 **Book Review: Lassoing the Sun**
  Wed, March 25, 11 AM - 12 PM
- ❑ 20SLIR607 **Author Talk: Through the Years, Joyce Aigen,**
  Thurs, Apr 2, 1 - 2:30 PM
- ❑ 20SLIR605 **Writer's Meet-Up**
  16 Tues, Jan 28 - May 12, 1 - 2 PM
- ❑ 20SLIR604 **Drama Production**
  15 Fri, Jan 31- May 8, 1- 3 PM
- ❑ 20SLIR612 **Ghost Stories of Georgia**
  Thurs, Jan 30, 2 - 3 PM
- ❑ 20SLIR609 **Morning at the Opera**
  Wed, Feb 19, 11 AM - 12:15 PM
- ❑ 20SLIR602 **Book Review: Gracie: A Love Story**
  Tues, Jan 28, 1 - 2 PM
- ❑ 20SLIR608 **Book Review: Statue of Liberty**
  Mon, Feb 17, 11 AM - 12 PM
- ❑ 20SLIR614 **Book Review: Burma Shave Signs**
  Thurs, Feb 20, 1 - 2 PM
- ❑ 20SLIR615 **Book Review: A Better Man**
  Mon, Apr 20, 2 - 3 PM

Computers & Technology
PAGE 32

- ❑ 20SLIR701 **Introduction to Microsoft Word**
  2 Fri, Feb 14 & 21, 10 - 11 AM
- ❑ 20SLIR700A **Tips & Tricks for Searching Google**
  Fri, March 13, 10 - 11 AM
- ❑ 20SLIR700B **Introduction to Gmail**
  Fri, March 20, 10 - 11 AM
- ❑ 20SLIR700C **Introduction to Google Calendar**
  Fri, March 27, 10 - 11 AM
- ❑ 20SLIR700D **Intro to Google Docs, Part 1 of 2**
  Fri, Apr 10, 10 - 11 AM
- ❑ 20SLIR700E **Intro to Google Docs, Part 2 of 2**
  Fri, Apr 17, 10 - 11 AM
- ❑ 20SLIR702 **Identity Theft and Phone Scam Awareness**
  Thurs. Mar 12, 3 - 4 PM

Tai Chi® for Health

Learn about Taoist Tai Chi®, and practice a series of slow, gentle movements to improve your balance.

20SLIR403 | **8 Tues & 8 Thurs, Jan 28 - Mar 19**
11:15 AM - 12:15 PM
Luana Goodwin, Instructor

Ballet for Balance

Do you experience lower back pain, uncertain balance, stiff joints? Some simple ballet exercises may be helpful if done a few minutes each day. Utilizing core muscles can improve balance and decrease some lower back discomfort. Slow, deliberate stretching and flexing of the feet and legs can loosen joints so we can move with more comfort. Enjoy moving to beautiful classical inspiring music as you learn a few helpful ballet movements to take home and use each day.

Marguerite Gravlee, Instructor

20SLIR408A | **Thurs, Jan 30** | **1 - 2 PM**

20SLIR408B | **Tues, Mar 31** | **11:15 AM - 12:15 PM**

What to Do When You or Someone You Love is Depressed

Facilitators will discuss how depression is different for older adults and its impact on their lives. Additionally, facilitators will provide: 1) how to recognize the symptoms of depression, 2) strategies for individuals who are depressed, and 3) ways to care for loved ones who may be depressed. The format of the group will be discussion-based, and the facilitators will be open to addressing participants' questions and concerns regarding depression.

20SLIR411 | **Tues, May 12** | **11 AM - 12 PM**
Jennifer Lambert-Shute, PhD &
Hoa Nguyen, PhD, Facilitators

Yoga

Instructor will guide you through an hour of self-care with the practice of yoga to improve flexibility, increase muscle strength and help with balance. Some studies have shown that the practice of yoga helps to reduce stress and enhance breathing. Students are requested to bring a yoga sticky mat and cotton yoga strap. Straps can be purchased from instructor for $6.

20SLIR400 **15 Tues & 15 Thurs** | **Jan 28 - May 7** | **10 - 11 AM**
Kathleen Hamill, Instructor

Chair Yoga

Chair Yoga is practiced sitting on a chair, or standing using a chair for support. If you are unable get down on the floor (or are afraid you won't be able to get back up), you can join this class and reap the benefits of improved strength, flexibility, and stress reduction.

20SLIR412 | **16 Mon** | **Jan 27 - May 11** | **11 AM - 12 PM**
Kristy Powell, Instructor

Beginning Line Dance Fun & Fitness

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises.

20SLIR404 | **15 Fri** | **Jan 31 - May 8** | **10 - 10:45 AM**
Linda Crook & Jerry Morton, Instructors

Step 2: Line Dance Fun & Fitness

If you've been line dancing and want more challenge, this class is for you! Follow up "Beginning Line Dance" with this class, or come just for this one.

20SLIR405 | **15 Fri** | **Jan 31 - May 8** | **11 - 11:45 AM**
Jerry Morton, Instructor

Range of Motion

Begin with 10 minutes of warm-ups in a chair followed by standing cardio to include stretching, marching and some balancing. Frequent breaks and a chair are available during class.

20SLIR401 | **15 Mon & Wed** | **Jan 27 - May 6** | **10 - 10:45 AM**
Kathleen Hamill, Instructor

Hawaiian Dance

Learn some traditional Hawaiian dances and the history behind them. The instructor will bring Hawaiian attire for you to try out. Activities are suitable for all fitness levels, and can even be done from a chair.

20SLIR410 | **Mon** | **Feb 10** | **1 - 2 PM**
Marguerite Gravlee, Instructor

Walking is Medicine

Start Spring 2020 off with this session on the benefits of walking delivered by the VSU College of Nursing and Health Sciences.

20SLIR402 | **Mon, Jan 27** | **11 AM - 12 PM** | **Brian Williams, Lecturer**

Camellia Workshop

Visit Loch Laurel Nursery in Valdosta; walk among gorgeous, peak blooming camellias and choose some for grafting (2 for $5, cash).

Camellia workshop to include grafting, air layering, planting, and pruning. Participants will be able to graft and take home a special camellia. Free drinks, snacks provided.

Carpool will leave the Regional Center for Continuing Ed 12:30 PM. Return approx. 5 PM.

http://www.lochlaurelnursery.com

20SLIR507 | **Thurs, Feb 6 (Rain Date: Feb 13)**
1 - 4 PM | Depart 12:30 PM
Instructors: Mark Crawford, J.D. Thomerson

Camellia Show - Fort Valley

The American Camellia Society is a national membership organization dedicated to fostering appreciation for and knowledge of plants of the genus Camellia. Founded in 1945, the Society is headquartered at Massee Lane Gardens near Fort Valley in central Georgia and is an International Camellia Society "Garden of Excellence." Participants will travel to the biggest camellia fest in Georgia. Cost: $4. (2 hrs to destination.) Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Ed for a 10:00 AM departure. (Estimated return 5 PM).

More information: *www.americancamellias.com/massee-lane-gardens*
20SLIR509 | **Sat, Feb 22 | 12 - 3 PM | Depart 10:00 AM**
Marie Sooy, Facilitator

Backyard Citrus Production

This class will be an introduction to Satsuma Citrus for homeowners. The class will cover basic citrus tree care and maintenance. Meet at the Lowndes County Extension Office, 2102 E Hill Ave, Valdosta. Instructor will guide you to the citrus research trail for the class information and visuals.

Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Ed for a 9:30 AM departure.

20SLIR 307 | **Tues, Apr 7 | 10 AM - 12 PM | Depart 9:30 AM**
Josh Dawson, Ag and Natural Resources Agent, Instructor

Peach Orchard Tour

Kick off the start of peach season in South Georgia with a trip to three of our local peach orchards. Scope out the retail operations at each spot (and enjoy some beautiful scenery along the way), have lunch and some peach ice cream, and of course pick up some peaches and other fresh produce to take home! We will visit Burton Brooks Orchards and Luck and Moody Peaches in Barney, and Lawson Peach Shed in Morven. Depart Continuing Education building at 11 AM (estimated return 1 PM).

20SLIR500 | **Thurs, May 7 | 11 AM - 1 PM | Depart 11 AM**
Marie Sooy, Facilitator

Genealogy

Facilitators/instructors: Alice DeVane and Carol McLeod

Looking for Family in Little Known Places: Lowndes County Court House

Let's see what we can find when we research at the Lowndes County Court House. After a tour and lesson in researching deeds, wills, and other court documents, we might be able to find a deed or will of a deceased family member. Meet at the Court House.

20SLIR511 | **Tues, Mar 17 | 10:00 AM - 12 PM**

Looking for Family in Little Known Places: Moultrie

A full day research trip to Ellen Payne Odom Library in Moultrie, Georgia. Dutch Treat Lunch. If you want to carpool, meet at the Regional Center for Continuing Education for an 8 am departure. You can bring laptops, portable scanners, and cameras. Copy papers for 25cents.
20SLIR512 | **Thurs, April 9 | 9 AM - 3 PM | Depart 8 AM**

Looking for Family in Little Known Places: VSU Archives and Special Collections

Let's see what we can find when we research at VSU Archives and Special Collections at Odum Library after taking a tour and short explanation of how to research at the archives. Meet at the VSU Library.

20SLIR513 | **Wed, May 6 | 10:00 AM - 12 PM**

Genealogy Club

We will share our searches, brick walls and discoveries, and help others learn how to research. Bring questions and show us how you are doing in your research.

20SLIR510 | **3 Tues | Feb 4, Mar 3, Apr 14 | 10 AM - 12 PM**

Maps and directions will be mailed or emailed with registration receipt. An email reminder will be sent prior to the trip. Anyone wishing to carpool should meet at the Regional Center for Continuing Education for departure at the time indicated in the course description.

Mission San Luis

Mission San Luis was the western capital of Spanish Florida from 1656 to 1704. Today the Mission is reconstructed on its original site and brings the past to life with guides in period dress, colonial buildings, exhibits and archaeology. Participants will be given a guide to use as they visit the various exhibits on a self-guided tour. Cost: $3. Participants will decide a place to go to lunch if they so desire.

(1 hr 41 min to destination). Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for a 9 AM departure. Estimated return 3 PM.

20SLIR501 | **Thurs, Mar 5** | **11 AM - 1 PM** | **Depart 9:00 AM**
Marie Sooy, Facilitator

The Grove Museum - Tallahassee

Set atop a commanding hill, surrounded by towering magnolias and sprawling live oaks, the Grove Museum in Tallahassee explores the legacy of nearly two centuries of the Call and Collins families, who as public servants, preservationists, and entrepreneurs left an indelible mark on Florida and our nation's history. The Grove Museum invites visitors to explore the house and grounds and experience for themselves the significance of this incredible home. Cost: $10 or more donation.

The group may decide to go for lunch someplace in Tallahassee afterward.

(1 hr 35 min driving time to destination.) Anyone wishing to carpool/caravan should meet at the Regional Center for Continuing Education for an 9 AM departure. Estimated return 3 PM.

20SLIR502 | **Fri, Apr 10** | **10:30 AM - 1:30 PM** | **Depart 9 AM**
Marie Sooy, Facilitator

Valdosta Parks and Recreation - @ Senior Center

The Valdosta-Lowndes County Parks and Recreation Authority has something for everyone! Kelly Hritz, VLPRA Program Coordinator, will talk about the many opportunities offered to the citizens of Valdosta as she highlights upcoming events for children, families, and seniors.

Meet at the Senior Center, 1360 Park Ave., Valdosta.

20SLIR504 | **Tues, Feb 4** | **1:30 PM - 2 :30 PM** | **Marie Sooy, Facilitator**

Thomasville Georgia's Historic Graveyards

Tour includes POW Site, The Old City Cemetery and Flipper Cemetery. $10 per person. Participants can pay online or, they can pay in cash at the start of the tour (POW Site/ Wolf Street.) Lunch afterward if group desires. Participants who want to carpool should meet at The Regional Center for Continuing Eduction for an 8:45 AM departure. Link for tour information: https://www.thomasvillehistory.org/learning-in-retirement-tour/ Map and instructions with links will be sent with your registration receipt. Estimated return 2 PM.

0SLIR508 | **Fri, March 20** | **10 AM - 12 PM** | **Depart 8:45 AM**
Marie Sooy, Facilitator

Taste of Thomasville

A great way to experience true southern hospitality through history, culture, architecture, and awarding winning foods. Take an easy 1.2 mile walk through downtown Thomasville in 3 hours. Sample a variety of awarding winning foods and learn what makes each food stop so special to Thomasville as well as to Georgia.

Learn the history that brought thousands of people to Thomasville during the Victorian Era and experience a "quail hunt" through downtown Thomasville. Cost: $45 payable online. Facilitator will notify registrants when online webpage information is available.

(1 hour to destination.) Participants who want to carpool should meet at The Regional Center for Continuing Eduction for a 9 AM departure. Return approx 3 PM.

20SLIR503 | **Thurs, Feb 13** | **10:45 AM - 2 PM**
Depart 9 AM | **Marie Sooy, Facilitator**

Knights of Columbus - Bingo

Let's Play Bingo!! Bingo is always fun and even more so with friends. Let's get together and have some good old fashioned fun. Bingo cards: $1.00 each.

Meet at 306 St. Augustine Rd, Valdosta.

20SLIR505 | **Wed, Apr 15** | **7:00 PM**
Marie Sooy, Facilitator

Madison Blue Springs State Park

Dip your toes in the crystal clear water at a natural spring and take in your lush surroundings. Take in Florida's natural beauty. Leisure tubing or swimming - a scenic way to beat the heat. Cost: $6.00

(50 min to destination.) If you want to carpool, meet at The Regional Center for Continuing Education for an 8:30 AM departure. Return approx. 5 PM.

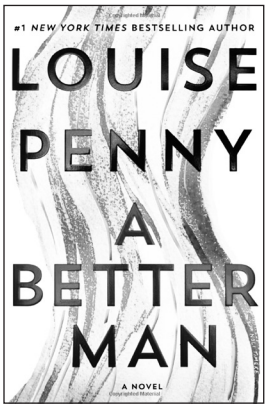
20SLIR506 | **Sat, May 9** | **9:30 AM - 4 PM**
Depart 8:30 AM | **Marie Sooy, Facilitator**

Valdosta Symphony Orchestra Preview

Get the inside scoop on what it takes to make an orchestra come to life. Have you ever wondered what the conductor really does? The Maestro will clear up mysteries, let you in on some secrets of the music world, and give you a preview of what's coming up for the VSO this semester.

20SLIR610
Wed, Jan 29 | 11 AM - 12 PM
Dr. Howard Hsu, Instructor

Book Review: *A Better Man: A Chief Inspector Gamache Novel*



Catastrophic spring flooding, blistering attacks in the media, and a mysterious disappearance greet Chief Inspector Armand Gamache as he returns to the Sûreté du Québec in this novel by #1 New York Times bestselling author Louise Penny.

20SLIR615 | **Mon, Apr 20 | 2 - 3 PM**
Mary Helen Watson, Reviewer

Acrylic Painting: Animal Portraits

Learn the basics of acrylic painting with animal imagery! Bring photos of your pets or other animals, and use the images to create loose, colorful, painterly works of art. Supply list sent with registraton confirmation. $15 extra fee.

20SLIR613 | **4 Tues, Mar 3 - 24 | 1 - 2:30 PM | Hunter Pope, Instructor**

Drama Production

Participants will collaborate in writing a play which will be performed by them at the wrap-up luncheon. Attendance at all sessions will be key to the success of the play.

20SLIR604 | **15 Fri, Jan 31 - May 8 | 1 - 3 PM**
Marie Sooy, Facilitator

A Morning at the Opera: Cavalleria Rusticana by Pietro Mascagni

Passion and betrayal in a Sicilian village! Cavalleria Rusticana is a one act opera with exquisite music that reflects the intense emotions of the story. From passion to betrayal to retribution, this is regarded as Mascagni's best opera.

20SLIR609 | **Wed, Feb 19 | 11AM - 12:15 PM**
Roberta Magnasco, Instructor

Having Fun with the Ukulele Strum

Absolutely no musical knowledge needed! Have fun accompanying vocal melodies with the "strummed" chords of the soprano, concert, tenor, or baritone uke. If you already have a ukulele, great; but there is no need to own or purchase a ukulele before taking this class. Loaner and "for sale" ukuleles of all sizes will be available to help you decide which size suits you. Music provided; $4 charge for music notebook (if you do not already have one) to be paid directly to instructor.

20SLIR611 | **16 Wed, Jan 29 - May 13 | 2 - 3:30 PM**
Joan Shepard, Instructor

Open Art Studio

Drop in and join your fellow LIR artists and crafters in our open art studio. The art room will be open each Monday morning for those who want to work on their own artwork while enjoying the company of others! This is not a class, just a time for you to work on your own projects. Bring your supplies and inspiration; we have a sink and jars for water if you are painting. Come every week or just a few times during the semester.

20SLIR616 | **16 Mon, Jan 27 - May 11 | 9:30 – 11:15 AM**

Reminder: Be sure to display your LIR parking permit.

Book Review: *Lassoing the Sun: A Year in America's National Parks*

For many childhood summers, Mark Woods piled into a station wagon with his parents and two sisters and headed to America's national parks. Mark's most vivid childhood memories are set against a backdrop of mountains, woods, and fireflies in places like Redwood, Yosemite, and Grand Canyon national parks. *Lassoing the Sun* is a book about family, the parks, the legacies we inherit, and the ones we leave behind.

20SLIR603 | **Wed, Mar 25** | **11 AM - 12 PM**
Bill Eger, Reviewer

Book Review: *Sean's Trilogy*

Self-published author, Irma McNeal, describes the events surrounding her son, Sean Joseph McNeal, after he passed out at school in 2nd grade with a stroke and a grade-three cancerous brain tumor. Ms. McNeal will review her three books related to this crisis and the family's subsequent journey. *Sean, the Tire-Swing Pusher, Sean 444,* and *Sean's Truck Stop* will be available for purchase.

20SLIR600 | **Wed, Jan 29** | **1 - 2 PM**
Irma J. McNeal, Reviewer

Writer's Meet-Up

Writing is a lonely job and sometimes we need the company and feedback of others to keep us in the groove. This writers/readers workshop is for people who yearn for inspiration from others and for an audience to listen to their work. It is not a "how to" workshop, but rather a support group to keep us going. Our previous workshops were solid successes. We hope others will join us in the third workshop of this kind.

20SLIR605 | **16 Tues, Jan 28 - May 12** | **1 - 2 PM**
Harriet Messcher Jansen, Facilitator

Ghost Stories of Georgia

Lights will be dimmed and this is not for the weak of heart. Presenter will read and tell stories of ghost sightings in various areas of Georgia.

20SLIR612 | **Thurs, Jan 30** | **2 - 3 PM**
Marie Sooy, Presenter

Peach State Summer Theatre Preview

Get a "sneak peek" at the upcoming 2020 Peach State Summer Theatre (PSST) season. Learn about the shows, the creative process, and the challenges of hosting the "Official Musical Theatre of the State of Georgia." Also, find out about the Spring shows for VSU Theatre and Dance.

20SLIR606 | **Mon, Feb 3** | **11 AM - 12 PM**
Jacque Wheeler, Presenter

Author Talk: *Through the Years: The Memoirs of Sir George and Lady Joyce Aigen*

Former LIR President and long time member, Joyce Aigen, will present highlights and discuss and answer questions about this memoir which covers the 67 years of marriage to WW II hero, George Aigen. Books will be available for purchase.

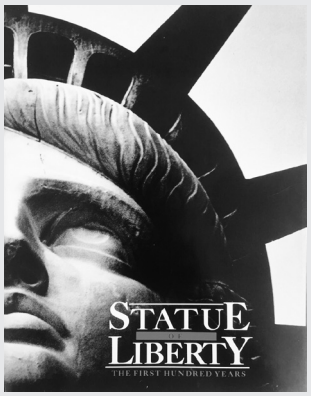
20SLIR607 | **Thurs, April 2** | **1 - 2:30 PM**
Joyce Aigen, Presenter

Book Review: *Gracie: A Love Story*

George Burns pays tribute to his partner and wife Gracie Allen, contrasting the scatterbrained comedian she was on the radio and television with her private self--an intelligent, caring, and devoted actress and wife.

20SLIR602 | **Tues, Jan 28** | **1 - 2 PM**
Gale Eger, Reviewer

Book Review: *The Statue of Liberty: The First Hundred Years*



Authors Christian Blanchet and Bertrand Dard trace the history of the inception, construction, installation, and social and political reactions to an icon that is recognized worldwide. The book, which includes a wealth of illustrations, provides insights into the life of the sculptor Frédéric Auguste Bartholdi, the financial and political problems that accompanied the statue's creation, and the diverse response to a figure that was originally known as "Liberty Enlightening the World."

20SLIR608 | **Mon, Feb 17** | **11 AM - 12 PM**
Patricia Marks, Reviewer

Book Review: *Verse by the Side of the Road: The Story of the Burma-Shave Signs and Jingles*

In the fall of 1925, young Allan Odell conceived the idea of using consecutive signs along the highways of America. This is the story behind the Burma Shave signs.

20SLIR614 | **Thurs, Feb 20** | **1 - 2 PM**
Marguerite Gravlee, Reviewer

Windows 10

4-Part Series: Basic Terms & Techniques

Eric Mathis, Instructor

LOCATION:
Willis L Miller Public Library, 2906 Julia Drive, Valdosta

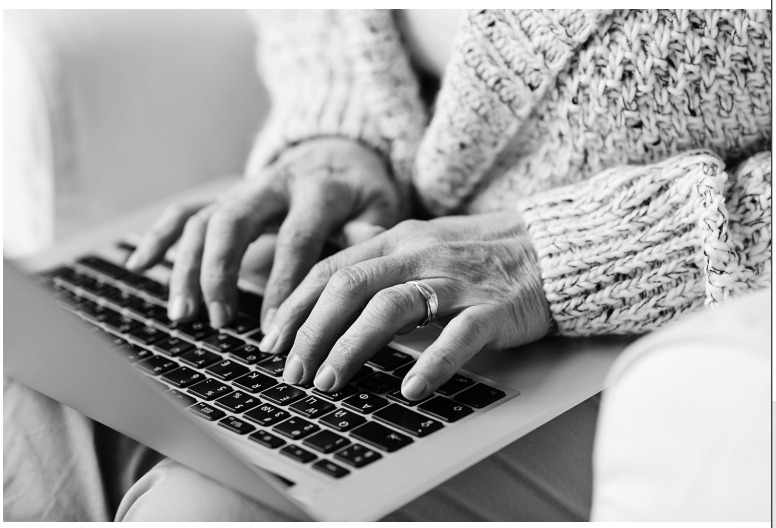
Tips and Tricks for Searching Google
20SLIR700A | **Fri, March 13** | **10 - 11 AM**

Introduction to Gmail (Please have your Gmail account login information with you)
20SLIR700B | **Fri, March 20** | **10 - 11 AM**

Introduction to Google Calendar
20SLIR700C | **Fri, March 27** | **10 - 11 AM**

Introduction to Google Docs, Part 1 of 2
20SLIR700D | **Fri, April 10** | **10 - 11 AM**

Introduction to Google Docs, Part 2 of 2
20SLIR700E | **Fri, April 17** | **10 - 11 AM**



Introduction to Microsoft Word

Learn the basics of creating dazzling documents using MS Word's templates and formatting tools. Attendees will also learn how to Insert photos and clip art and save their creations.

LOCATION:
Willis L Miller Public Library, 2906 Julia Drive, Valdosta

20SLIR701 | **2 Fri, Feb 14 & 21** | **10 - 11 AM**
Eric Mathis, Instructor

Identity Theft and Phone Scam Awareness

Lt Shannon Kingston, Hahira Police Department, will identify the top phone scams, how to avoid them, how to avoid identity theft and a recovery plan if you become a victim. Handouts will be provided.

20SLIR702 | **Thurs, Mar 12** | **3 - 4 PM**
Lt Shannon Kingston, Hahira Police Department, Instructor

Reminder:
Be sure to display your LIR parking permit.

Learning in Retirement
Officers & Committee Chairs

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January 2020

LIR Calendar

MON	TUE	WED	THU	FRI
6	7 **Refresh and Register** 9:30 - 11:30	8	9	10
20 **MLK HOLIDAY**	21	22	23 **Spring Kick-Off Lunch** 11 am - 1 pm	24
27 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Walking is Medicine** 11 - 12 **Dumplings** 1 - 2:30	28 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Bk Rev: Gracie: A Love Story** 1 - 2 **Writer's Meet-Up** 1 - 2	29 **Range of Motion** 10 - 10:45 **Vald Symphony Preview** 11 - 12 **Bk Review: Sean's Trilogy** 1 - 2 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	30 **Yoga** 10 - 11 **Cost Nursing Home Care** 10 - 12 **Tai Chi®** 11:15 - 12:15 **Ballet for Balance A** 1 - 2 **Ghost Stories of Georgia** 2 - 3	31 **Beg. Line Dance** 10 - 10:45 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3 **Saturday, February 1** **Coral/Oyster Restoration** 9 - 12 (Bailey Science Center)

February 2020

LIR Calendar

MON	TUE	WED	THU	FRI
3 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Peach State** 11 - 12 **Mahjongg** 12:30 - 3 **Nazi Holocaust** 2 - 4	4 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **VLPRA - @ Sr Center** 1:30 - 2:30 **Genealogy Club** 1 - 2 **Writer's Meet-Up** 1 - 2	5 **Range of Motion** 10 - 10:45 **When Worlds Collide** 11 - 12 **Face It, or Flee?** 1 - 2:30 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	6 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Camellia Workshop** (Depart 12:30)	7 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3 **Saturday, February 8** **AARP Smart Driver A** 9:30 - 3:30 **9:00 AM check-in**
10 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Hawaiian Dance** 1 - 2 **Mahjongg** 12:30 - 3 **Nazi Holocaust** 2 - 4	11 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Writer's Meet-Up** 1 - 2	12 **Range of Motion** 10 - 10:45 **VSU 62+ Program** 11 - 12 **Basic Bridge** 1 - 3 **Spring Make and Take** 1 - 3 **Ukulele Strum** 2 - 3:30	13 **Taste/Thomasville** (Depart 9 AM) **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Medieval** 1 - 2:30 **Importance of Bees** 6 - 7 PM	14 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Microsoft Word @ SGRL** 10 - 11 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
17 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Book Rev: Statue/Liberty** 11 - 12 **Nazi Holocaust** 2 - 4 **Mahjongg** 12:30 - 3	18 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Writer's Meet-Up** 1 - 2	19 **Range of Motion** 10 - 10:45 **Morning at the Opera** 11 - 12:15 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	20 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **American Politics** 10 - 12 **Book Review: Burma Shave** 1 - 2	21 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Microsoft Word @ SGRL** 10 - 11 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3 **Saturday, February 22** **Camellia Show, Fort Valley,** (Depart 10 AM)
24 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Nazi Holocaust** 2 - 4 **Mahjongg** 12:30 - 3	25 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Writer's Meet-Up** 1 - 2	26 **Range of Motion** 10 - 10:45 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	27 **Yoga** 10 - 11 **Chemo Cap Brigade A** 10 - 12 **Tai Chi®** 11:15 - 12:15 **Hemp/CBD Oil** 1 - 2 **Valdosta Municipal Court** 2 - 3	28 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Education of the Heart** 1 - 2:30 **Drama Production** 1 - 3

March 2020

MON	TUE	WED	THU	FRI
2 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3 **Nazi Holocaust** 2 - 4	3 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Genealogy Club** 1 - 2 **Animal Portraits** 1 - 2:30 **Writer's Meet-Up** 1 - 2	4 **Range of Motion** 10 - 10:45 **Dividing Paradise** 11 - 12 **Basic Bridge** 1 - 3 **Spring Make and Take** 1 - 3 **Ukulele Strum** 2 - 3:30	5 **Mission San Luis** (Depart 9 AM) **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15	6 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
9 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3 **Nazi Holocaust** 2 - 4	10 **Yoga** 10 - 11 **Sew for a Cause** 10 - 3 **Tai Chi®** 11:15 - 12:15 **Animal Portraits** 1 - 2:30 **Writer's Meet-Up** 1 - 2	11 **Range of Motion** 10 - 10:45 **Sew for a Cause** 10 - 3 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	12 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Aigen: One Man's War** 1 - 2:30 **Identity Theft / Phone Scams** 3 - 4	13 **Beg. Line Dance** 10 - 10:45 **Google @ SGRL** 10 - 11 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
16 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Free to Fly A** 10 - 11 **Mahjongg** 12:30 - 3 **Nazi Holocaust** 2 - 4	17 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Looking - @ Lowndes Co.** 10 - 12 **Animal Portraits** 1 - 2:30 **Writer's Meet-Up** 1 - 2	18 **Range of Motion** 10 - 10:45 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	19 **Yoga** 10 - 11 **Tai Chi®** 11:15 - 12:15 **Body Chi** 1 - 2:30 **Sea Urchins** 3 - 4	20 **Beg. Line Dance** 10 - 10:45 **Gmail Intro @ SGRL** 10 - 11 **Views of the News** 10 - 12 **T'ville Graveyards** (Depart 8:45) **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
23 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3 **Electrochemical / metals** 2 - 3 **History of Money in GA** 3 - 4	24 **Yoga** 10 - 11 **LIR History** 11 - 12:30 **Writer's Meet-Up** 1 - 2 **Animal Portraits** 1 - 2:30 **Dementia/Challenges** 1 - 2:30	25 **Range of Motion** 10 - 10:45 **Book Rev: Lassoing Sun** 11 - 12 **Basic Bridge** 1 - 3 **Ukulele Strum** 2 - 3:30	26 **Yoga** 10 - 11 **Chemo Cap Brigade B** 10 - 12 **Something I Ate?** 11:15 - 12:30 **Dementia/Challenges** 1 - 2:30	27 **Beg. Line Dance** 10 - 10:45 **Google Calendar @ SGRL** 10 - 11 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
30 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3	31 **Yoga** 10 - 11 **Ballet for Balance B** 11:15 - 12:15 **Writer's Meet-Up** 1 - 2 **Beeswax Candles** 2:30 - 4			

April 2020

LIR Calendar

MON	TUE	WED	THU	FRI
		1 **Range of Motion** 10 - 10:45 **Why Go to America?** 11 - 12 **Bridge Playing** 1 - 3 **Ukulele Strum** 2 - 3:30	2 **Yoga** 10 - 11 **Tai Chi** 11:15 - 12:15 **BK Rev /Through the Years** 1 - 2:30	3 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
6 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3 **Photo Journey - Russia** 3 - 4:30	7 **Backyard Citrus** (Depart 9:30 am) **Yoga** 10 - 11 **Writer's Meet-Up** 1 - 2	8 **Range of Motion** 10 - 10:45 **Bridge Playing** 1 - 3 **Spring Make and Take** 1 - 3 **Ukulele Strum** 2 - 3:30	9 **Genealogy - Moultrie** (Depart 8 am) **Yoga** 10 - 11 **Laurel and Hardy** 1 - 2:30	10 **Grove Museum** (Depart 9 AM) **Google Docs 1 @ SGRL** 10 - 11 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45
13 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3	14 **Yoga** 10 - 11 **Genealogy Club** 1 - 2 **Writer's Meet-Up** 1 - 2	15 **Range of Motion** 10 - 10:45 **Bridge Playing** 1 - 3 **Ukulele Strum** 2 - 3:30 **Bingo** @ Knights/Columbus 7 PM	16 **Yoga** 10 - 11 **Belly Fat: Be Gone** 11 - 12	17 **Beg. Line Dance** 10 - 10:45 **Google Docs 2 @ SGRL** 10 - 11 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Natural History/Snakes** 1 - 2:30
20 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3 **Book Review: A Better Man** 2 - 3 **History/Valdosta Postcards** 3 - 4	21 **Yoga** 10 - 11 **Writer's Meet-Up** 1 - 2	22 **Range of Motion** 10 - 10:45 **Bridge Playing** 1 - 3 **Ukulele Strum** 2 - 3:30	23 **Yoga** 10 - 11 **Belly Fat: Be Gone** 11 - 12 **Understanding Grief** 1 - 2:30 **Free to Fly B** 2 - 3	24 **Beg. Line Dance** 10 - 10:45 **Views of the News** 10 - 12 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
27 **Open Art Studio** 9:30 - 11:15 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3	28 **Yoga** 10 - 11 **Writer's Meet-Up** 1 - 2	29 **Range of Motion** 10 - 10:45 **Bridge Playing** 1 - 3 **Ukulele Strum** 2 - 3:30	30 **Yoga** 10 - 11 **Chemo Cap Brigade C** 10 - 12 **Photo Journey: Balloons, etc** 1 - 3	

May 2020

LIR Calendar

MON	TUE	WED	THU	FRI
				1 **Beg. Line Dance** 10 - 10:45 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3
4 **Range of Motion** 10 - 10:45 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3	5 **Yoga** 10 - 11 **Writer's Meet-Up** 1 - 2 **Spring Make and Take** 1 - 3	6 **Range of Motion** 10 - 10:45 **Looking - @ VSU Archives** 10-12 **Bridge Playing** 1 - 3 **Ukulele Strum** 2 - 3:30	7 **Yoga** 10 - 11 **Peach Orchard** (Depart 11 AM)	8 **Beg. Line Dance** 10 - 10:45 **Step 2: Line Dance** 11 - 11:45 **Drama Production** 1 - 3 **Saturday - May 9** **Madison Blue Springs St. Park** (Depart 8:30 AM)
11 **Open Art Studio** 9:30 - 11:15 **Chair Yoga** 11 - 12 **Mahjongg** 12:30 - 3	12 **Depression** 10 - 12 **Writer's Meet-Up** 1 - 2 **AARP Smart Driver B** 1 - 4	13 **Ukulele Strum** 2 - 3:30 **AARP Smart Driver B** 1 - 4	14	15 **Wrap-Up Lunch** 11:30 - 1

Office of
Professional and Community Education
Valdosta State University
1500 N Patterson St
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Paralegal Certificate Course ONLINE

Quick Facts: Paralegals & Legal Assistants

- Education: Certificate or associates degree
- Median pay - $50,940
- Job growth – 39,000 new jobs through 2028
- Work environment – all types of organizations including law firms, corporate legal departments, government agencies

"Employment...is projected to grow 12% from 2019 - 2028, much faster than the average for all occupations."

—U.S. Bureau of Labor Statistics

See page 12 for details